



BENELUX LINK

May/June 2005

80th Area Support Group



Be Happy, Stay Fit . . .

at the Schinnen Bowling Center



Bowling's a great way to stay fit, and what better way than with Cosmic Bowling, every Friday night following Social Hour.

with Outdoor Rec Rental Equipment



Everything from tents to mountain bikes to horse shoe sets to help you get into the great outdoors.



at the Schinnen Fitness Center



A spotless state-of-the-art facility, now with a handsome new gym. Two racquet ball courts, two saunas, a weight room, Nautilus equipment - everything to keep you in shape. We offer a full schedule of courses to include Taebo Kickboxing, Step Aerobics, Body Relax, Spinning, Circuit Training, Racquet Ball and Wall Climbing.

It's all there for you at



For full details, please call DSN 360-7561 / CIV 046-443-7561



Colonel Dean A. Nowowiejski
80th ASG Commander

Commander's Column

As you read this, spring season is passing and early summer beginning. This is a time of change for all of us. Change of seasons, end of the school year, summer moves, vacation plans, continuing deployments...I trust that you are all using the full facilities of the **Link**, the **Meteor-Heraut**, the 80th ASG web page, and **AFN SHAPE** on the radio or web to stay informed during these times of change.

This edition of the **Link** is devoted to fitness. When you hear that term, you customarily think of physical training and personal fitness. I would like you to think in broader terms. Working out every day, running until you drop, lifting weights, and a total emphasis on body activity make no sense if you don't have the other boundaries in place. How are you doing with nutrition and eating right? Do you get enough sleep? Do you have the ability to take a break from your daily routine and pause and enjoy life? How are you doing in the realm of self-development and spiritual fitness? I have to work on these areas, and am sure that I am not alone. We can all encourage each other. The point is balance and quality of life. That is the larger meaning of the term fitness.

Early in May, at the time you might first open this edition of the **Link**, we will be remembering the Holocaust; May 1-8 is scheduled as the **Days of Remembrance**. Check with your local Equal Opportunity office for other sponsored activities. There are free tours to concentration camps that existed in Belgium. Belgium and The Netherlands have historic sites reminding us of the holocaust experience; just as they remind us of the American sacrifices in liberating the concentration camps 60 years ago at several American cemeteries in Belgium, the Netherlands, and Luxembourg.

The entire Month of May is **Asian Pacific American Heritage Month**. Again, look for local commemorative activities. Since we are an extended joint American community, you will probably find someone working near you who can share their own personal experience and upbringing as an Asian Pacific American. Many of us have been part of the 100,000 service members who live and serve every day in the Pacific theater, within the Asian Pacific region. It has a rich heritage and a rich history in common with the United States. Sixty years ago, American forces were fighting to free many of these areas that are now American territories, protectorates, or allies. The month of May is time to remember this heritage. Enjoy the season and its changes.



CSM Jose E. Rogers
Group Command Sergeant Major



Lieutenant Colonel Richard S. Richardson
254th BSB Commander



Lieutenant Colonel Jon Davis
NSA Commander



Captain Robert A. Arroyo
HHC Commander



David L. Lucia
Director, Morale, Welfare, and Recreation

STAFF

80th ASG Commander
Colonel Dean A. Nowowiejski

Deputy Commander
Steven R. Young

80th ASG MWR Director
David L. Lucia

BSB/AST, MWR Directors
Wayne Bardell, 254th BSB
William Semans, AST Brussels
Craig Larsen, SHAPE

80th ASG Marketing Chief
Kimberly Wayland

80th ASG Marketing Team
Ellison Meier, 254th BSB
Salvador Espinoza, 254th BSB
Sylvia Deiwert, 80th ASG
Bill Audretsch, 80th ASG

The 80th ASG, "BENELUX Link" is a bi-monthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the 80th ASG MWR Marketing Division at DSN 361-5904 or e-mail beneluxlink@benelux.army.mil.

For more 80th ASG information, please visit <http://www.80asg.army.mil>

There is no US government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

The 80th ASG Marketing Division is located on Daumerie Caserne, building #5.



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ARMY COMMUNITY SERVICE

Bldg 4 top floor, NSA
DSN 368-9783 CIV 02 717-9783

Free Computer Classes

Join us in the NSA Community Computer Lab for these free workshops that will keep you up to speed in this computer age! Audience is limited to Tri-Mission family members (with ID card) actively seeking employment and willing to learn the skills necessary to use computer programs.

The following courses help you learn the basics of each of these programs. To register call ACS at 02 717-9783.

- MS-Word: Monday, June 6 from 9 a.m. – 1 p.m.
- MS-Excel: Tuesday, June 7 from 9 a.m. – 1 p.m.
- MS-PowerPoint & MS-Outlook: Wednesday, June 8 from 9 a.m. – 1 p.m.
- MS-Access: Thursday, June 9 from 9 a.m. – 1 p.m.

Army Volunteer Corps

DSN 368-9679 CIV 02 717-9679

Volunteer Advisory Committee Meeting

Thursday, June 2, 1-2 p.m., NSA Bldg 4 top floor Conference room. The Advisory Council Meeting is reviewing this year's Volunteer Recognition Ceremony, discuss changes and planning for next year!

Soldier & Family Readiness (FAP/ EPC/ EFMP)

Bldg 4 top floor, Rm 323, NSA
DSN 368-9693, CIV 02 717-9693

Stress Management

Mark your calendars for Wednesday, May 11 from 11 a.m. to Noon for this session open to the whole community. The class is held in the Conference room of NSA Bldg 4, 2nd floor.

Sweetheart Banquet - Marriage Enrichment

Class and Dinner Friday, May 20, 6:30-9 p.m. in the NSA Chapel area. Childcare is provided on-site and free of charge. Sign up in advance by calling 02 717-9677.

ARMY COMMUNITY SERVICE**New Parent Education & Support Program (NPESP)**

NSA, Bldg 2, in the Chapel area
DSN 368-9684 CIV 02 717-9684

The NPESP Office has moved! You will find us at NSA Bldg 2, where the Chapel Library used to be located. We are now right across from the Finance Office.

Prenatal Classes

Tuesdays, May 10, 17, 24, and 31 from 6:30 p.m. to 8:30 p.m. at the NSA Chapel, Fellowship Hall.

Topics covered in this series are: Having a Baby in Belgium, Stages of Labor, Interventions, Labor Signs, Epidural, Relaxation Techniques, Men's Role, and much more! Sign up in advance for one of several classes.

Infant CPR & First Aid

Tuesday, June 7, 6:30-8:30 p.m. Are you prepared to save your infant/child's life? Not sure how to avoid children's injuries inside and outside your home, or even how to handle an emergency? Learn CPR, rescue breathing techniques and basic first aid treatment for children under 8 years of age. Sign up is required.

Toddler Nutrition Class

Tuesday, June 7, 10 a.m.-Noon in the CYS Multipurpose room. New parents, join us for a presentation on "The Power of Snacking for Preschoolers" while your little ones enjoy their Toddler Playgroup time!

CHILD AND YOUTH SERVICES**Youth Sports Program**

US Forces CYS Softball Championships are hosted by NSA, from 3 thru 5 June. Girls, ages 13-15, from Army & Air Force installations all across Europe converge on Brussels for three days of great softball and fun. Help us show the rest of Europe what the 80th ASG is all about! Anyone or group interested in being involved with this event should call NSA Youth Sports Program, at 02 717-9649.

**BOSS Program**

Better Opportunities for Single Service Members
NSA, Bldg 4, Room 306
DSN 368-9639 CIV 02 717-9639

Calling all single Armed Forces men and women! BOSS aims to improve the overall quality of single service members' lives. It assists singles in planning recreation and leisure activities and gives them the opportunity to participate in and contribute to their communities. Open to all singles in the Armed Forces, regardless of your branch service. Interested? Call 02 717-9639

Benelux Finance Office

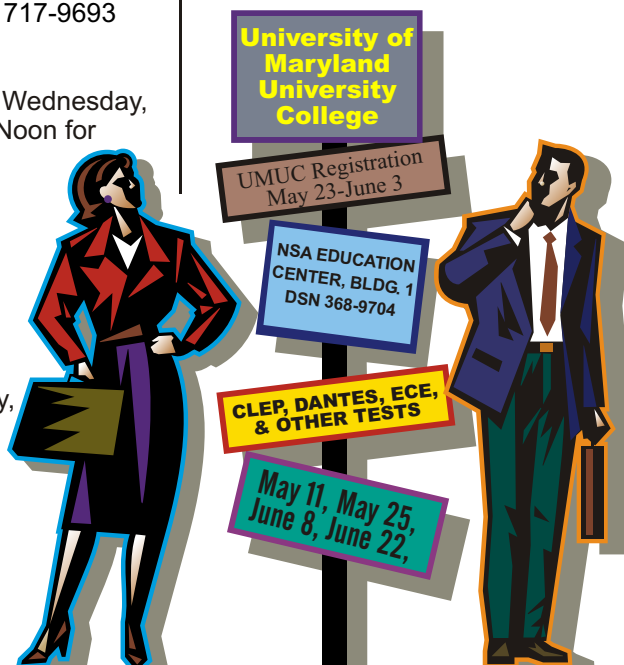
Closed on May 16 & 30
minimally staffed on
June 10

Each soldier returning
from a Combat Zone will
process through finance
for a
one-on-one review.

Central Texas College

SHAPE/NSA Brussels
Communities

Call DSN 423-7447
<http://www.europe.ctcd.edu>



ARMY COMMUNITY SERVICE**Information and Referral Program**

Bldg 4 top floor, NSA
ACS Reception/In-take Desk
is in front of the elevators
DSN 368-9783
CIV 02 717-9783
Open M-Fr 8 a.m.-5 p.m.

Come have your questions answered; pick up community event flyers, program tri-fold brochures, and copies of the BENELUX Link magazine, Meteor-Heraut newspaper, Brussels Weekly newsletter, and Connection magazine; receive information on NSA agencies; process Makro cards; and sign up for classes!

www.brusselslife.be

In English or French and provides visitors with leisure-time info on restaurants, language schools, cultural events, local customs, sports clubs and children's activities.

Relocation Readiness

Bldg 4 top floor, Rm 302, NSA
DSN 368-9729 CIV 02 717-9729

Metro Madness Outing

Wednesday, May 18 and
Friday, June 17
9:25 a.m.-2:30 p.m.

Meet at NSA/ACS

The easiest way to travel around the capital of Europe without worrying about traffic and parking space hunting is to use the Brussels public transportation system. This most popular class, followed by an exploratory trip, will get you acquainted with the bus, the tram, the metro and pre-metro. Limited to 10 people so reserve your spot in advance!

**Financial Readiness/
Army Emergency Relief**

Bldg 4 top floor, Rm 325, NSA
DSN 368-9698
CIV 02 717-9698

ARMY COMMUNITY SERVICE**Sponsorship Training**

If you need some tips on how to become a "know what to do sponsor", if you need training in order to better accomplish your sponsorship duties you can either call ACS and ask for a one-on-one training, or be trained on line by going on the S-Gate Sponsor Training website at <https://www.sponsor-training.hqusareur.army.mil> This site provides training for first time sponsors, as well as, resources for trained ones.

2005 Flea Market Guide Book

The 2005 Flea Markets books have arrived! If you are a flea market lover, stop by NSA/ACS to pick up a complimentary copy of the 2005 guide to the "Braderies and Brocantes." around Belgium".

**NSA Child and Youth
Services Sponsors****Middle School Dance
May 14, 2005****NSA CYS sponsors a
Middle School Dance
and Movie Night at the
NSA Three Star Lounge
on Saturday, May 14
from**

**6:30 p.m. to Midnight.
Free food, games, fun,
dancing and movies!**

**What a deal. For
additional information
contact NSA CYS
Coordinator,
047 998-0355.**

ARMY COMMUNITY SERVICE**Employment, Deployment
and Mobilization Readiness**

Bldg 4 top floor, Rm 326 NSA
DSN 368-9735
CIV 02 717-9735

**Looking for a job in the Benelux
area?**

The ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, which is located next to the ACS Employment Readiness Manager's Office. For more information or to obtain application forms and other useful handouts, contact ACS today.

Webcams Now Available!

In case of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick... Our new webcams are accessible at ACS, NSA Bldg 4, top floor, Room 324. When you want to share special moments such as a new baby, a graduation, or birthday greetings, ACS is also here for you! This family support service is free of charge but only by appointment, so please call 02 717-9783 in advance to reserve your spot.

**Look for fitness tips
throughout this issue
of BENELUX Link
to help you...**

**Get Fit and
Stay Fit!**

Shhhhhh...

**Vehicle Summer Checks**

Getting ready for that much needed summer vacation? Before you head out, give the NSA Auto Craft Shop located in building 1 a call and sign up for an appointment for the Thursday Summer Vehicle Check. Appointments are scheduled between 10 a.m.-5 p.m.

**Auto Craft Shop, Bldg 1, NSA Brussels
DSN 368-9743 CIV 02 717.97.43**

**Open: W and Th 10 a.m.-2 p.m. and 4-8 p.m.,
Fr 8:30 a.m.-5 p.m., Sa and Su 10 a.m.-6 p.m.**

ARMY COMMUNITY SERVICE

Brussels Community "AFAP" Program – As Far As Possible!
NSA, Bldg 4, top floor, Rm 306
DSN 368-9643 CIV 02 717-9643

Results of the AFAP Votes & Top Quality of Life Issues:

Here is an outcome summary as feedback for the whole community

Most Improved Services in Brussels since 2004:

AAFES Shoppette, Special Events held at the Three-Star Lounge, Housing Office, and NSA Library.

Top Issues from Consumers:

1. Install an American style large capacity coin-operated self-service laundry facility at NSA.
2. Develop a list of minimum 10 local orthodontic care providers meeting DOD standards.
3. Develop new convenient family-style Government sponsored transitional living facilities meeting our needs.

Top Issues from Families:

1. Facilitate access to SHAPE Installation.
2. Establish a comprehensive Recycling Program at NSA.
3. Develop a new vision for the Food Court to improve both facility and service.

Most Valuable Services the Military provides:

APO, DECA (Chievres Commissary), Housing Office, AAFES Shoppette, Brussels American School (NSA-Sterrebeek), and ACS.

Most Critical Active Issues at HQDA:

One issue stands out from the current list of 100 active AFAP issues still to be resolved. The issue originated at the 2004 Brussels AFAP Forum and seeks to modify the PCS Weight Allowance Table to take into account family size versus the sponsor's rank. Stay tuned for updates on this issue's status!

Top Issues from the Youth:

1. Purchase new video games selected by the kids.
2. Set up another snack bar with items selected by kids.
3. Approve the kids' plan of art work to paint wall graffiti in the MS/Teen Center.

MULTI CRAFT CENTER

Bldg 2, NSA Brussels
DSN 368-9629
CIV 02 717-9629
Open W and Th 2-9 p.m.,
Fr 10 a.m.-1 p.m., and
Sa-Su 10 a.m.-6 p.m.,
Closed Mondays and Tuesdays

Art of Jewelry Making

Classes held every Wednesday at 6 p.m. The cost is \$12 (materials not covered). When you sign up for the first class, you receive a free pair of pliers.

Do-it-Yourself Framing

Classes are held every Thursday from 2-6 p.m. Do it yourself framing classes are now in session. Cost for class including materials, backboard, glass, and instructor's time is \$30.

Prints & Tapestries of Brussels

Available for purchase ...new prints along with new tapestries of Brussels. This is the perfect gift. Items cost from \$15-\$63.

Pewter Items available

Items cost from \$19-\$54.
Hurry, they are going fast!

Fitness Tip!

Eat your oats. Oats are tops when fighting heart disease.

Oats help stabilize blood sugar and reduce bad cholesterol.

NSA Wood Shop

Located at the Multi Craft Center. Open Wednesday by appointment only, and Saturday and Sunday 10 a.m.-6 p.m.

Sign up for the wood shop safety instruction and power tool instruction class, cost is \$11. This class must be completed before using the wood shop. Classes scheduled on Wednesdays from 2-6 p.m.

After the class, you may use the wood shop facility at a small charge of \$4/hr. Please call the Centre to make an appointment before heading to the shop.

MORE ARTS AND CRAFTS**Engraving Service**

Engraving is available all year. All you need to do is bring a note of what you would like engraved. No appointment is needed, just bring the item along when the Center is open.

Art Restoration Service

Available Saturdays from 10 a.m.-5 p.m and service is available all year round. All you need to do is bring in a painting you would like restored, or even re-stretched onto a new frame. No appointment is needed, just bring the item along when the Center is open.

CERAMIC SHOP

Open on Saturdays from 10 a.m.-5 p.m.

Children's Basic Ceramics

A fee of \$20 includes instruction, use of in-house slip, tools and paints. This is an opportunity not to be missed! Please call to schedule an appointment.

Children's Arts and Crafts Birthday Party

How about a birthday party in the ceramic area? Fee is \$10 per child for the first six children. The seventh, eighth, ninth, and tenth child are free. The maximum allowed for the party is ten children.

Adult Basic Ceramics

For a fee of \$30 receive ceramic instruction, a two gallon box of slip, in-house tools and paints. Please call the center to schedule an appointment.

NSA Brussels Consignment Shop

**Bldg 1, NSA
Open every Tuesday
10:30 a.m.- 1:30 p.m.
CIV 02 717-9724.**

If you are interested in volunteering or managing the shop, please give us a call.

Note: The shop will no longer issue consignment checks less than \$1.

LIBRARY

NSA, Bldg 4
DSN 368-9791 CIV 02 717-9791
Open T-Th 10 a.m.-6 p.m.,
Fr Noon-7 p.m., Sa 11 a.m.-5 p.m.,
Su Noon-5 p.m.

SPORTS & FITNESS CENTER

NSA, Bldg 3
DSN 368-9667 CIV 02 717-9667
Open M, W 6 a.m.-8 p.m.
Tu, Th 6 a.m.-9 p.m.
Fr 6 a.m.-7 p.m.
Sa, Su and holidays 10 a.m.-4 p.m.

Run for Your Life Program

This program is designed to encourage fitness through running. Participants run at their own pace on their own time line and log their miles with the Fitness Center. Patches are provided to participants who meet the 100, 200, 300, 400, 500, 750, and 1000 mile markers. Individuals must be at least 18 to participate.

**MEDEX Training**

Never done any Fitness? Never used weighted equipment? This training is for you! Contact the NSA Sports & Fitness Center to schedule an appointment for a one-on-one introductory training.

Personal Fitness Program

If your goal is to tone, lose fat, improve your health condition, train for a race or a special sport, don't wait any longer. Set realistic goals with your Sports Specialist. For a one-on-one personal fitness training program, call DSN 368-9667.

High/Low Aerobics

Mondays, Wednesdays, and Fridays from 9-10 a.m., and Tuesdays, Thursdays from Noon-1 p.m. in the new NSA Performing Arts Center, ground floor, Bldg 4. Come join Lisa in making a fitness life change! Only \$25 a month for unlimited classes! To register, call CIV 02 717-9639 or CIV 02 717-9667.

AUTO-CRAFT CENTER

Bldg 1, NSA Brussels
DSN 368-9743 CIV 02 717-9743
Open W and Th 10 a.m.-2 p.m.
and 4-8 p.m., Fr 8:30 a.m.-5 p.m.,
Sa and Su 10 a.m.-6 p.m.

Motorcycle Automotive Classes

Class held every Wednesday from 7-9 p.m. Cost is \$45 for a six-week course which is 'made to order' for the customer. Advance sign-up required.

Automotive Classes for Dummies

Classes held every Thursday from 7-9 p.m. Cost is \$25. Classes are designed to show you general maintenance and dynamics of your vehicle. Advance sign-up required.

SPECIAL EVENTS

NSA, Bldg 4, Rm 306
DSN 368-9639 CIV 02 717-9639

Independence Day Celebration in Brussels

Saturday, July 2, Noon-6 p.m.
At the Brussels American School (NSA Sterrebeek)

THREE-STAR LOUNGE

NSA, Bldg 1
DSN 368-9732 CIV 02 717-9732
Open Th 7 p.m. – Midnight
Fr 5 p.m.-1 a.m., Sa 7 p.m.-1 a.m.
Closed on Sundays
Open to all Tri-Mission ID card holders and accompanied guests 18 and older (minors are permitted on family nights only.)

Thursday Movie Nights

Free popcorn and movie starts at 7:15 p.m., every Thursday.

Friday Right Arm Nights

Supervisors, come show your staff how much you appreciate them! Every first Friday of the month at 5 p.m. Free chicken wings while they last.

Cinco de Mayo Party

Friday, 6 May at 9 p.m., starring DJ Brooksie and Lady D.

NSA's Idol Contest

Join us in the NSA 3-Star Lounge for the first ever NSA Idol Contest on Saturday, 4 June.

Soul Food Night / R & B Night

Saturday, 18 June at 8 p.m.

OUTDOOR RECREATION

NSA, Bldg 4, Rm 303
DSN 368-9775 CIV 02 717-9775

Canterbury Calling!

Saturday, May 7
Depart from Sterrebeek at 5 a.m. and return around 10:30 p.m. \$45 for adults and \$39 for children. Take our day trip and see Canterbury for its famous cathedral, the Canterbury Tales, and the various antique shops! We first drive to Calais, where a car ferry will take us to Dover in the UK. Enjoy the English breakfast and shopping on board! Then, on the road to Canterbury, we will make a photo stop at Dover Castle.

Paris in the Spring

Saturday, June 4
Depart from Sterrebeek at 5 a.m. and return at 11 p.m. Price is \$40 for adults and \$33 for children under 12. Have you ever seen Paris in the spring? If not, you just won't want to miss it, and if you have, you certainly will want to come back. On arrival, we will have an hour and a half tour of Paris and drive by the famous Moulin Rouge, the Opera house, place de la Concorde, Champs Elysées, the Arc de Triomphe and Eiffel Tower, the Palais du Louvre, the Ile de la Cité, and pass by the Cathedral of Notre-Dame. Then Paris is all yours for exploring until the evening when we head back to Brussels.

ARMY COMMUNITY SERVICE FOR ALL COMMUNITIES**Annual Army Emergency Relief**

Fundraising campaign in Europe runs through May 15. Last year, AER provided direct assistance to some 50,000 soldiers and family members. Army Emergency Relief or AER provides assistance to soldiers and their families in the way of interest free loans, grants, and scholarships. The campaign theme this year is "One Nation, One Army, One Organization." Please join Army Community Service by contributing and supporting this year's Army Emergency Relief fundraising campaign and help our Army families. Individual contributions made during the campaign are the primary source of funds for AER. To contribute, see your unit representative or give ACS a call.

Full Line-Up of Exciting Trips with

MWR Trips & Tours



22 May

Phantasialand in Bruhl

*Fabulous theme park with fun for the whole family.
Adults, including entrance, \$49*

4 June

Bruges, Belgium

Famous for lace.

19 June

Euro Disney - Paris

Express bus, including entrance, \$109 for adults

9 July

Exciting Day Trip to Amsterdam

23 July

Paris

*A popular Saturday day trip, so please make your
reservations early.*

To get full details and to book your trip, stop by the
Schinnen Fitness Center or call

DSN 360-7561 or CIV 046-443-7560

All trips leave from the Schinnen Recreation Plaza.

ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
DSN 360-7500; 046 443-7500
Open M-Fr 8-4:30 p.m.

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for any of the following.

FAMILY ADVOCACY PROGRAM

Bldg 39, Schinnen
DSN 360-7453 046 443-7453

FAP Prevention Education

Pre-registration is required. The following classes are free on a *first come first serve* basis.

Child Safety Class

Learn to recognize the impact and indicators of too much stress in your child's life. Every Wednesday in the ACS Conference Room. 1-3 p.m.

Anger Management Class

Thursday mornings from 10 a.m. to Noon in the ACS Conference Room.

Couples Communication

Learn effective ways to communicate with your spouse or partner. Last Tuesday and Wednesday of every month, 6 - 8 p.m. in the ACS Conference Room.

Stress Management

Learn to identify stress indicators in your life. Tuesdays 1 p.m. - 3 p.m. In the ACS Conference Room.

NEW PARENT EDUCATION AND SUPPORT PROGRAM (NPESP/ACS)**Infant Massage Class**

Come meet others at the Schinnen ACS Conference Room and learn the benefits of massage for you and your child. The Infant Massage Classes are on the 1st and 3rd Tuesday of the month, 10 a.m. - Noon.

Playgroup For Toddlers

An interactive and educational playgroup designed to develop parenting skills and gives parents and kids a chance to socialize. At the Schinnen Sports Center, every Thursday morning from 9:30 - 11:30 a.m.

OB Orientation/Prenatal Education Class

First Tuesday of every month from 10 a.m. - Noon at the Geilenkirchen Clinic Conference Room.

ARMY COMMUNITY SERVICE**La Leche League**

Dedicated to providing education, information, support, and encouragement to women who want to breastfeed. The 3rd Wednesday of every month, 10 - 11 a.m., in the Schinnen, ACS Conference Room. *No classes on US holidays.*

Heerlen Hospital Tour

Visit the labor and delivery unit and meet the OB labor and delivery nurses. Transportation is provided. Please call NPESP at CIV 046 443-7335.

Relocation Readiness Assistance Newcomers Orientation

Learn about living and working in the Tri-border area. Visit military and civilian sites in the area. May 13 and 27, June 10 and 24, July 8 and 29.

Sponsorship Training

Learn about becoming a sponsor for new people coming into the area. Call ACS for details.

Foreign Born Spouses Orientation

Support and assistance to foreign born spouses coping with cultural differences and military life. May 18, June 15, July 17 from 2 - 3 p.m. in the ACS Conference Room.

Family Member Employment Assistance

Finding Employment Workshop
Learn job searching skills and where to find employment within the local area. Every Tuesday from 10 a.m. - Noon.

Hands on Resume/Resumix Workshop

Create, store, and send a resume online. Every Tuesday from 1 - 2 p.m. in the ACS Resource Lab.

ARMY EMERGENCY RELIEF (AER) CAMPAIGN

All contributions are fully tax deductible. Donors may contribute to the general assistance fund or target specific programs such as scholarships or widow assistance. Call DSN 360-3450 for more information.

ARMY COMMUNITY SERVICE FINANCIAL READINESS/ARMY EMERGENCY RELIEF**Financial Readiness Classes**

Covers banking and credit union services, budget development, record keeping, debt liquidation, insurance, and more. Taught every third Wednesday of the month from 10 - 11:30 a.m.

Financial Focus

Two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Learn tips on how to stretch your dollars. May 11 & 25, June 8 and 22, July 6 & 20.

ACS Army Family Action Plan AFAP Advisory Council Meeting

In the ACS Conference Room on 17 May from 1 - 2 p.m.

Army Volunteer Services

Now is the time to become a Volunteer. Come share your skills with the community. Get involved and help promote community well being. For Volunteer openings contact the Army Volunteer Corps Coordinator at DSN 360-7451 or 046 443-7451.

Deployment Support Program Webcams available for use.**Coffee Hour**

Families and friends of deployed soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee and treats. 10 a.m. until Noon on May 25, June 8 and 22, and July 6 and 20.

Army Family Team Building Basic Problem Solving

How to deal with the small stuff before it becomes big stuff. May 9 from 2 - 3:30 p.m. in the ACS Conference Room.

Introductions to Military Customs and Courtesies

Learn why the military does what it does and what its origins are. May 26 from 2 - 3:30 p.m. in the ACS Conference Room.

Supporting Your Child's Education

Ways to help your child cope with the demands of school. June 7 from 1:30 - 3 p.m. in the ACS Conference Room.

Introduction to Family Readiness

June 14 from 1:30 - 3 p.m. in the ACS Conference Room.

FITNESS TIP

Parents encourage
your children to
Play outside.

Kids who enjoy sports
and exercise tend to
stay active throughout
their lives. And staying
fit can help improve
your child's
self-esteem and
decrease the risk of
serious illnesses (such
as heart disease and
stroke) later in life.

CHILD & YOUTH SERVICES CENTRAL ENROLLMENT and REGISTRATION

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Open M, T, W, Fr 8 a.m.-5 p.m.
and Th 8 a.m.-3 p.m. Closed
US/NATO holidays.

Family Child Care

Treebeek Education Center
DSN 364-6221 CIV 045 563-6221
Full day/extended/hourly care for
infants up to 5th grade. Call for
full details.

**Family Child Care Providers are
needed.** Would you like to work at
home taking care of children in
your government leased quarters?
Call today for an application and
further information.

Child Development Center (CDC)

JFC HQ Brunssum
DSN 364-2575 CIV 045 526-2575
Full day care for infants –
kindergarten children.
Part Day Preschool (3- 5 years)
Hourly care (space available)
Register at Central Enrollment

CHILD & YOUTH SERVICES

School Age Services (SAS)

JFC HQ Brunssum,
DSN 364-3004
Before and after school care,
1st through 5th grade.

Summer Camp (*must have
completed at least 1st grade*)

Dates: 20 June - 19 August
Theme: Nine Weeks Around the
World with SAS
Cost: Based on family income with
range from \$34-94/week.

Camp includes an exciting
schedule of educational, cultural
and recreational field trips.
Registration begins 16 May and
participants must be registered
with CYS.

YOUTH SERVICES (YS)

Bldg H603, JFC HQ Brunssum
DSN 364-3008 CIV 045 526-3008
Open M-Fr 3:30 - 6 p.m. (after
school) and 8 a.m. - 6 p.m.
(non-school days).

Summer Camp Hours:

8 a.m. – 6 p.m.
Dates: 20 June – 19 August
Theme: Nine Weeks Around the
World with Youth Services
Camp Costs:
\$50/week (includes trips to
Bobbejaanland, Belgium;
Phatasialand, Germany; and
Walibi World, Belgium)
\$25/week, \$5/day (no trips)

Youth Center

Bldg H603, JFC HQ Brunssum
Regular hours 1 – 6 p.m.
Free of charge for registered
members.

YOUTH SPORTS

Register now for Summer Basketball!

Open to ages 8 – 18.
Practice will be Tuesday and
Thursday from 5 – 7 p.m. at the
JFC HQ Brunssum Gym, with
Saturday games Noon – 2 p.m.
Season runs 27 June to 14 August.
Call DSN 364-6050 for
more information.

MWR/BOSS Office

Treebeek Education Center
Room 132
DSN 364-6141 or 045 563-6141

BOSS Meetings are held every
2nd and 4th Thursday of the month
at 2 p.m. in the U.S. Delegation
Bldg on JFC HQ Brunssum.

COMMUNITY RECREATION

BOWLING CENTER

Bldg 40, Schinnen
DSN 360-7207 CIV 046 443-7207
Open W-Sa 11 a.m. - 9 p.m.,
Su 11 a.m. - 6 p.m. The Bowling
Center offers a 12-lane house with
Cosmic Bowling, summer bowling
leagues, and open bowling.

Exciting **Cosmic Bowling**, following
Social Hour in the Memories Lane
Lounge, begins every Friday at
6 p.m.

No Tap Bowling is featured
Saturdays, 4 June and 2 July
at 5 p.m.

And check out these \$1/game
Specials:

28 May is **Retiree Day** when
retirees bowl for \$1/game.

9 June is **Donald Duck Day** when
you just have to wear something
with Donald on it.

17 June is **Army Day** when Active
Duty/Retired Army cash in.

And on 19 June, **Father's Day**,
dads bowl one game FREE.

HARRY'S BBQ

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7257
Open T 11 a.m. - 2 p.m.
W 11 a.m.- 8 p.m., Th-Fr 4 - 8 p.m.
Sa 11 a.m. - 6 p.m.
Su Noon - 4 p.m.

PIN POINT CAFÉ

Schinnen Bowling Center
DSN 360-7527
CIV 046 443-7527
Open W-Fr 11 a.m.-8 p.m.,
Sa 11 a.m.-6 p.m.

SATO TRAVEL

Schinnen
DSN 360-7385; 046 443-7482
Open M-W-Fr 8 a.m. - 5 p.m.,
Th 8 a.m. - 8 p.m.

TAX RELIEF OFFICE (VAT)

Schinnen
DSN 360-1780 CIV 046 443-1780,
Open M-Fr 8 a.m. - 4:30 p.m.
Closed US Holidays

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110 CIV 045 526-2110
Open Friday - Sunday
Box Office Opens 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.



ARTS & CRAFTS CENTER

Bldg H607, JFC HQ Brunssum
DSN 364-2454 CIV 045 526-2454
Open T-Th 10 a.m. - 5 p.m.
W 10 a.m. - 9.30 p.m. and
Su 1 - 5 p.m.

FILM PROCESSING

Meeting all your photo processing needs...new Kodak processing up and running! Drop photos at the Arts and Crafts Center or in the lobby of the Library building. Photos ready for pick up in three Arts & Crafts working days.

CLASSES

To reserve a spot in the following classes, call DSN 354-2454. Class times are subject to change.

Fine Art Painting (Oil, Acrylic, Egg Tempera, and Watercolor)

Drawing (Pencil, Oil Pastel, Chalk Pastel, and Charcoal)
2 hr classes at €11 each.

Scrap-booking

Creative Memories Workshops

Stained Glass Class

By appointment. €11, Just bring stained glass item and learn about lead and Tiffany styles.

Dry Brush Ceramic Painting

Sign up and bring a ceramic item learn or improve your dry brushing technique. By appointment.

Rubber Stamp Art

We have a wide selection of stamps and other materials in our store. Welcome Teri, our NEW rubber stamp art instructor.

Basic Matting and Framing

New!!! €35 by appointment.

Ceramics

Over 2,400 molds (380 new molds) to choose from. Pour green-ware and bisque-ware.

NEW to the Ceramic Shop?

To use facilities, complete the beginner ceramic pouring class offered on Wednesdays by appointment.
W 10 a.m. - Noon, and 6 - 7p.m.,
€15 Gary and Don instruct you on mold and tool use and cleaning techniques. *Complete this class and receive a firing number that allows access to the facility.*

Basic Ceramic Painting Class

Sign up to learn three different painting styles including glazing. Please bring an item to paint in class.

ARTS & CRAFTS CENTER**Ceramic Mosaic Workshop**

Three-hour class. €11 includes materials.

New!! Gem Tree Class

€11 includes all materials and instruction to make a finished wonderful gift.

CUSTOM FRAME CENTER

Bldg H607

JFC HQ Brunssum

DSN 364-3821 CIV 045 526-3821

Custom Frame Center has ready-made frames and mats in many sizes and styles for immediate pick-up. Come and check out our new frame and mat selections. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry mounting and laminating, shrink-wrapping and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We now have over 65 different standard-sized posters for sale in the Custom Frame Shop. The posters are mainly thematic color illustrations...spaceships, dinosaurs, rockets, plants, whales, sharks, flowers, trees, and famous artists' lives, in paintings and text. All of the posters are €5.

NEW!! NEW!! Hand Painted Egyptian Papyrus for Sale

We now have 14 different sized papyrus for sale in the Custom Frame Shop.

Book Binding in Linen and Leather Workshop

Sign up for this 9 hour class and learn the rare art of book binding from a Meister Bookbinder. Finish two books in linen and leather.

€37 (includes all materials)

Book Restoration Class

Sign up today for this 3 hour class and learn the rare art of book restoration from a Meister Bookbinder! You will finish a book that you bring. Materials, if needed, will cost extra.

Please come to the craft shop to see the beautiful examples.
€7

LIBRARY

JFC HQ Brunssum
DSN 364-2669 CIV 045 526-2469
Open T-W, 10 a.m. - 8 p.m.,
Th-Fr, 10 a.m. - 6 p.m.
Sa-Su, Noon - 4 p.m.
www.afnorthlibrary.army.mil

Sign-ups begin in June for the JFC Library's **Summer Reading Program**. For ages 3 and older, the program runs from June 21 through August 21. This year's theme is **Dragons, Dreams and Daring Deeds**. Participants who complete the program can look forward to a reading certificate and possibly a prize. This is a great way for parents to both encourage their children as well as share in all the joys that reading can bring.

FITNESS & SPORTS

Bldg 38, Schinnen
DSN 360-7561, CIV 046 443-7561
Open M-Fr 6 a.m. - 8 p.m.,
Sa, Su and Holidays 9 a.m. - 5 p.m.

Taebo / Kickboxing

Mondays and Wednesdays,
6:30 - 7:30 p.m.

Step Aerobics

Tuesdays and Thursdays
from 6:30 - 7:30 p.m.

Body Relax

Thursdays from 5 - 6 p.m.

Be sure to ask about our other courses in Spinning, Circuit Training, Racquetball, and Wall Climbing!

AUTO HOBBY SHOP

JFC HQ Brunssum
DSN 364-3173 CIV 045 526-3173
Open T 8 a.m. - 4 p.m.,
W 9 a.m. - 5 p.m., Th 12 - 8 p.m.
Fr-Sa 8:30 a.m. - 4:30 p.m.

INDOOR SWIMMING POOL

Located next to the Arts and Crafts Center on JFC HQ Brunssum
Adult Lap Swim - M-Fr 7 - 8 a.m.
Public/Family Swim -
T-Fr 3 - 6:30 p.m. and
Sa-Su Noon - 4 p.m.
DSN 364-3172 CIV 045 443-3172
Open T-Fr 4-7 p.m., and
Sa-Su Noon-4 p.m.

Enjoy the indoor pool or take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee Fridays 7 -9 p.m. and weekends 4 -6 p.m.

MWR TRIPS AND TOURS

Schinnen Fitness Center
DSN 360-7561 CIV 046 443-7561

Phantasialand in Bruhl, Germany

Fabulous theme park with fun for the whole family. Bus leaves from Schinnen, Saturday, 22 May.

Bruges, Belgium

Famous for lace. Saturday, 4 June.

Euro Disney, Paris

Express bus on Father's Day, \$109 for adults. Sunday, 19 June.

Amsterdam

A day trip to exciting Amsterdam on Saturday, 9 July.

Paris, France

Express trip to Paris on Saturday, 23 July. Includes a walking tour. \$49/person.

ROTTERDAM PROGRAMS AND ACTIVITIES**Arts and Crafts**

Open M–Fr, 10 a.m. - 4 p.m.
DSN 362-2457 CIV 010 459-2457

It's that time of the year to get out and enjoy the beautiful countryside around Rotterdam. We offer a full assortment of sporting equipment rentals to include canoes, kayaks, and bicycles.

Library

M–Fr, 10 a.m. - 6 p.m.
Closed 1 - 2 p.m. for lunch
DSN 362-2452 CIV 010 459-2454

HAL's Lounge

M–Th, 2:30 – 8 p.m.
Fr, 4:30 – 10 p.m.

Fitness Center, Weight Room, Car Wash, Car Lift

Open 24 hours a day.

Family Readiness Group (FRG) MWR Coordinator

DSN 362-2494 CIV 010 459 2494
Our Community Room is open 24 hours a day.

Director of Morale, Welfare and Recreation

DSN 362-2420 CIV 010 459-2420

VAT
(Value Added Tax Relief)
Office Procedures for Germany, the Netherlands, and Belgium

The 254th BSB VAT Office in Building 46 (behind the Food Court) on Schinnen wants to let you in on how to save big money on purchases made outside the gate. Here's an overview to help explain the basics of this procedure that allows you to avoid paying significant local sales taxes.

IN GERMANY

There are two types of VAT forms: the Un-priced form for purchases under €2,500. Un-priced are \$4 each (or \$3 each in a packet of ten) and are used for every-day kinds of purchases such as furniture and clothes. The priced form is \$6 and generally used for vehicle purchases/repairs. VAT forms are not allowed for purchases related to investment, resale or real property.

When using the Un-priced VAT form in Germany, first ask the merchant if they accept the form. If they do, and after they've signed the form, be sure to return your copy - the white copy - to the Schinnen VAT Office (a convenient drop-box is also available outside Building 46). For purchases using the Priced form, you must present an invoice to the VAT Office BEFORE the actual purchase.

IN THE NETHERLANDS

In the Netherlands the procedure is very different. After you make a purchase including paying the tax, the merchant provides a form that you must bring to the VAT office for a stamp. You then return to the merchant with the stamped form for your tax refund.

IN BELGIUM

There is no tax relief possible in Belgium except for personnel assigned to SHAPE.

TAX FREE UTILITIES

Be sure to ask our friendly VAT Office staff about tax free utilities in Germany and the Netherlands. You can even save on prepaid cell phone and Internet charges.

VAT Hours are
Monday through Friday from 8 a.m. to 4:30 p.m.
DSN 360-1780 CIV 046-443-1780

MWR

For SHAPE/Chievres community, stop by the Central Processing Office in building 253 Monday-Friday 8:30 a.m.-Noon & 1-5:30 p.m. or call DSN 366-6191 for more information on Belgium Tax Relief.

FITNESS TIP: Move More and Stay Healthy

Make it a daily challenge to find ways to move your body. Climb stairs; walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi. But that's great when you're up to it. Just move more.



American Red Cross

SHAPE, Bldg 318, Top floor
 Serving the Benelux communities
 DSN 423-4008 CIV 00 32 65 44 4008
 FAX DSN 423-4273 CIV 00 32 65 44 4273
 RedCross@Benelux.Army.Mil

Deployment Readiness

Are you or someone you know deploying? Or do you know someone who will be returning from deployment? We have some excellent information sheets to help with those deploying (including a handy checklist), those returning from deployment and the family members staying behind. Stop by our office to pick these up, or shoot us an email and we will be happy to email the sheets to you.

Emergency Preparedness Classes

Are you ready for a fire? How about a flood? Do you have a personal disaster plan or personal disaster supplies kit ready? Stop by the Red Cross office to pick up some informational brochures or to schedule a free presentation for your group, unit or organization.

Volunteer Placement Opportunities

Kennel, Post Office, Health Clinic, Library
 Red Cross Office, Nurses for Blood
 Pressure Screenings, Fundraising
 Committee, Public Relations Committee
 Health & Safety Committee,
 Awards & Recognition Committee

Leadership Positions:

Health & Safety Services Chair
 Public Relations/Marketing Chair
 Awards & Recognition Chair

NOTE: We assist with Child Care
 reimbursement up to \$100.00 per month.

Volunteer Orientation Dates:

Tuesday, 10 May, 10 a.m.
 Tuesday, 24 May, 10 a.m.
 Tuesday, 14 June, 10 a.m.
 Tuesday, 28 June, 10 a.m.
 Call to sign up for an orientation

Other Classes

If interested in any of the following
 classes, please give the Red Cross
 a call for exact times and dates.

First Aid/CPR/AED Instructor Course

Life Guard Instructor Training

HIV/AIDS Awareness & Instructor
 Training

Workplace Training Classes

These are 90 minute classes designed for businesses, units,
 organizations, etc... Cost of course is \$10.00/enrollee

Ergonomics defines ergonomics; defines musculoskeletal
 disorders (MSDs); details how to identify and reduce the risks for
 MSDs at work and at home; details how to perform exercises to
 help reduce the risk of MSDs.

Back Injury Prevention Will help you to: Understand the anatomy
 of the back and the causes of back pain; Identify and reduce risk
 factors for back injury; Learn how to perform simple exercises for
 stretching and strengthening neck and back muscles to help
 prevent back injury; Identify ways to change personal habits to
 avoid back injury.

Workplace Violence Awareness Will help you to: Recognize the
 categories of workplace violence; Identify warning signals of
 potential workplace violence; Reduce your risk of becoming
 a victim of workplace violence.

Slips, Trips, and Falls Will help you to: Understand how safety
 awareness can help reduce your risk of slips, trips, or falls;
 Identify, report, and correct unsafe conditions and behaviors;
 Learn tips for good balance to help prevent slips, trips, and falls;
 Develop a prevention plan.

Your Heart Matters Will help you to: Recognize the signals of a
 heart attack; Identify risk factors for coronary heart disease;
 Develop a plan to reduce your risk of coronary heart disease.

Managing Stress Will help you to: Recognize the causes and
 signals of stress; Identify ways to manage stressful situations;
 Develop personal strategies for managing stress.

Upcoming Health & Safety Courses

CPR/FA Classes Training in basic first aid and cardiac, choking
 and respiratory emergencies for adults, children and infants.
 Prices vary depending upon which components are needed.
 Saturday, May 14, 8:30 a.m.-6 p.m.
 Tuesday and Wednesday, May 24-25, 5:30-9:30 p.m.
 Tuesday and Wednesday, June 7-8, 5:30-9:30 p.m.
 Saturday, June 25, 8:30 a.m.-6 p.m.

Babysitter's Training Training for teens in the responsibilities of
 providing basic care and supervision to infants and children.
 Enrollees must be at least 11 years of age.
 \$25 - Call for class dates

Life Guard Training Teaches skills necessary to recognize
 aquatic emergencies and administer the appropriate care until
 a higher level of care is available.
 Call the office for more information.

Crystal Bingo

12 May 2005 (Thursday)
 7 p.m. at the SHAPE IC Club
 Many great games and tombola prizes
 All proceeds to benefit the American Red
 Cross serving the Benelux communities.

Don't Ignore Your Belgian Mail

By Northern Law Center

Recently our office assisted individuals from our community having to pay €200 and even up to €500 for what started out as a €50 bill. Why? Because after several reminders, unpaid bills are recovered by collection agencies who charge at least €125 for each act of recovery.

If you rent a house you will of course receive utility bills and will be expecting them, however, you also need to watch out for the following bills: water, waste removal, waste recycle, and sewer maintenance.

If you are in government housing all you need to do is to hand these bills over to your housing office and they will inform you how to process those bills. If you rent a house on the economy, you must pay those bills yourself because it is provided by the SHAPE-Belgium Agreement.



When you move, you have to notify the SHAPE Registration Office or the town hall of the new place of residence within seven days, if your move within the same city or 15 days if you change cities. Report to the town hall with your Belgian ID card and your new address and ask for a written confirmation. Most of the time, this is free of charge. The bills will then be forwarded to your new address. If you don't comply with this requirement you will be liable for bills that you are not even aware of.

If you receive this receipt (see picture), this means that you have a registered mail that you must pick up at the Belgium Post Office mentioned on the form. Be careful-it is probably a reminder for an unpaid bill. You are strongly advised to pick up your registered mail right away or either pay the bill, or give it to your housing office if you live in government housing. Don't let a €50 bill become a €500 bill.

For any questions, don't hesitate to contact your housing office or make an appointment with a legal advisor from the Northern Law Center at DSN 423-4868 or CIV 065/44.48.68

SHAPE School Bus Transport Re-Registration for the School Year 2005/2006 Upcoming

The annual registration (including those currently registered for 2004/05), for the school year 2005/2006 is scheduled between April and June 2005. Please review the schedule for your registration time frame. Everyone must register. Please visit the SHAPE School Bus Office in Bldg. 710 and bring your SHAPE ID card. Civilian personnel also need to bring their Certificate of Assignment.

The office is open Monday through Friday from 9:15 -11:15 a.m. and 1:30-2:30 p.m.

Registration Timetable

Letter of Surname/ Dates
E-G/9-13 May
H-K/13-20 May
L-M/23-27 May
N-O/30 May-3 Jun
R-S/6-10 Jun
T-Z/13-17 Jun



For newcomers arriving after the re-registration period should come to the SHAPE School Bus Section Office as soon as possible. If you have any questions on registration matters, please call DSN 423-4013.

Holiday Park 2005 Season

Through - 31 October 2005
Located in Hassloch/Pflaz, Germany

Come experience the giant roller coaster *Expedition GeForce!*® or take in a show. There is even a special area designed for small children (ages 4-8).

For more information
www.holidaypark.de



*Sponsor of Chievres Library
Summer Reading Program*

*There is no US government endorsement
of any commercial sponsor.*

SNAP!

Safe Neighborhood Awareness Program

**NEW Safety
Automated Hotline****SHAPE Community
068 27-6300****Keep your community safe**

This number is not for emergencies. If you have any emergency, contact MP Emergency Line at 068 27-5114.

**To report suspicious activity
Just call this SNAP Hotline**

Prevention is worth...how much when there is break in? Always lock your doors and windows! Periodically check outside lights to ensure they are working! When you travel, leave shades, blinds and curtains in normal positions and don't let the mail pile up.

Check out the SNAP newsletter on the 80th ASG website for more information on how to protect yourself and your possessions.

Do you have any residential security issues? Contact your SNAP coordinator at DSN 361-6143 or email SNAP@benelux.army.mil.

For more SNAP information, go to www.80asg.army.mil



School will be out soon! But don't forget the SHAPE Arts & Crafts Centre will be having many different classes for the kids during the Summer break. For details call: 065 44-4680

Earn an Interdisciplinary Doctoral Degree in Europe

Applications are now being accepted for the opportunity to earn the degree of
Doctor of Philosophy in Organizational Leadership.

APPLICATION MATERIALS DUE BY JULY 31st.

PROGRAM OF STUDY:

- Classes will be held in intensive weekend format
- Students take all courses as a cohort group except electives
- 48 hours of course work plus 12 hours of dissertation
- In-resident sessions are required on the Norman OK campus (for research, classes, and dissertation defense)
- A fully-accredited University of Oklahoma degree
- Program curriculum is interdisciplinary in nature

*Some applicants may be required to complete a dissertation defense at a distant campus location

INTENSIVE FORMAT DESIGNED FOR:

Military Personnel, DoD/OS educators, US government employees, Civilian contractors, Eligible family members

ADMISSION QUALIFICATIONS:

- An earned master's degree from a US regionally accredited college or university, Graduate GPA of 3.0 or higher, current MAT or GRE
- Demonstrated potential to complete doctorate level work. Pre-admission interview

**FOR MORE INFORMATION OR TO OBTAIN
AN APPLICATION PACKET:**

**THE UNIVERSITY OF OKLAHOMA OUTREACH
EUROPE: HEIDELBERG**

E-mail: apeuadmin@ou.edu
phone: 011-49-6221-184725
DSN phone: 370-6687/6691
fax: 011-49-6221-768945
DSN fax: 370-6687

You may also contact your nearest OU Site Manager.

**The Europe Application Packet can be
found at www.GoOU.edu**

**EDUCATION CENTER**

Bldg 212, Rm 130, SHAPE
DSN 423-3466 CIV 065 44-3466
Open M-Fr 8 a.m.-5 p.m.

UNIVERSITY OF PHOENIX

SHAPE/NSA Brussels Communities!
There is no better time to begin your Graduate Degree! Finish in 16-20 months. Offering an MBA or Master of Arts in Education. More info, call the SHAPE office at 065 44-4645 or e-mail Tina.Cusker@phoenix.edu And good news!!! The University of Phoenix is now servicing Geilenkirchen & Trebeek Communities!

UNIVERSITY OF OKLAHOMA

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
Email apshape@ou.edu
Offering the University of Oklahoma Master's Degree In Human Relations and Master's Degree in International Relations More info go to www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm

UNIVERSITY MARYLAND

Brussels and SHAPE course schedules can be seen at www.ed.umuc.edu. If you have any questions please feel free to contact us at SHAPE. DSN 423-5173 shap@fieldrep.ed.umuc.edu

CENTRAL TEXAS COLLEGE

Contact your local CTC rep to enroll, DSN 423-7447
Please visit our website at www.europe.ctcd.edu.

Fitness Tip

Regular, moderate, aerobic exercise of at least 30 minutes three to four times per week is an important part of the equation to burn stored fat.

LANGUAGE CENTRE

Bldg 211, SHAPE
Open M-Fr 8:30 a.m.-5 p.m.
Classes M-Fr 9 a.m.-8:30 p.m.
Closed SHAPE Holidays
Open to SHAPE ID card holders 16 years and older. Courses in English, French and other languages including Danish, Dutch, German, Italian, Greek, Polish, Portuguese, Spanish, Turkish, and Russian.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324
Open M-W, Fr 8 a.m.-5 p.m.
Th 8 a.m.-3 p.m.

Sponsorship Training

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332
Be the best sponsor that you can be by attending this class and learning all the basics on Wednesday, June 1 and July 6 at 10 a.m.

Make the Right Move

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332
Are you prepared for your next PCS move? Attend this class on Wednesday, June 1 and July 6 at 2 p.m. and make the best PCS move ever.

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332
Learn about the Belgian culture; visit and shop at a vintage warehouse. If you are interested, give ACS a call today to find out details on the next trip scheduled for Saturday, May 14 and June 11. There is a €5 charge for the May 14 trip and includes entry to a brewery.

80th ASG Newcomer's Brief

Hotel le Maisieres, across from the SHAPE Main Gate.
DSN 423-4332 CIV 065 44-4332
Learn about the BENELUX SHAPE/Chievres military community and all that is available to you on Wednesday, May 11 and June 8 8:30 a.m. in the W.E.B. office in Hotel Le Maisieres. Active Duty, Civilians and Family Members are welcome to attend. A free complimentary lunch is provided.

Take the Bus

Hotel le Maisieres
DSN 423-4332 CIV 065 44-4332
On May 12 and June 9, join ACS for an afternoon of learning how to use the bus system. Register and meet at the Hotel le Maisieres for an introduction to the Belgian bus system.

Take the Train

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332
On Friday, May 13 and June 10 let ACS teach you how to use the Belgian train system. Sign up today. Children are welcome.

FITNESS TIP**Stretching**

Once you've completed your warm-up, it's critical that you stretch all of the muscles that you will be using. Stretching actually lengthens your muscles, making them less prone to injury.

Tips for Stretching

Avoid pain - Never hold a painful stretch. If you do feel pain, back off a little and hold the stretch at that point. It should feel slightly uncomfortable, but not painful.

Hold your stretch - Hold your stretches for approximately 30 seconds to one minute. It takes time to lengthen muscle tissue safely.

Stretch appropriate muscles - It's a good idea to stretch as many muscles as possible. However, make sure you focus on the muscles and range of motion that you will be using during your sport activity. For example, if you will be playing soccer, focus on your leg muscles.

Never bounce

Bouncing during a stretch can injure your muscles. Simply hold the stretch in one place for at least 30 seconds.

FAMILY LIFE CENTER

Bldg 353, SHAPE
(behind ACS/AFN Bldg 318)
DSN 423-5653 CIV 065 44-5653
Open M-Fr 8:30 a.m.-5:30 p.m.

Upcoming Programs**Family Wellness**

June 3, 9 a.m.-3:30 p.m.

Marriage Retreat Weekend

June 10-12 (Please call the Family Life Center for time & location)

PREP - Premarital Relationship Evaluation Preparation

July 8, 9 a.m.- 3:30 p.m.

Anger Management Course

Bldg 318, ACS, SHAPE
DSN 423-5263 CIV 065 44-5263
Is your life sometimes overwhelming and are you at a breaking point? Attend a four-day class held once a week on Tuesdays from 9-10 a.m. Contact ACS to sign up for this life-skills training class now and improve quality of life for you and your loved ones.



Call ACS and sign up for the next Anger Management Course.

Army Family Action Plan (AFAP)

March 22-23
8:30 a.m. - 4 p.m.
SHAPE IC Club
DSN 423-4270

Job Opportunities Workshop

Bldg 318, Rm 118, SHAPE
DSN 423-4904 CIV 065 44-4904
Every Wednesday morning from 9 a.m. to noon. Pre-registration is required.

Want to work at Chievres?

MWR Jobs. Go to the following website
www.cpol.army.mil
or for AAFES
<http://www.aafes.com>

GOOD NEWS!!!

**CHIEVRES AIR BASE
IS OPENING A POST OFFICE**



MORE DETAILS TO COME...

Getting Fit Staying Fit!

No excuses! It is time to commit to getting fit and staying fit. Everywhere you look there is information about the benefits of exercise and solid nutrition. We now know that if we exercise regularly and eat correctly (which means no fad diets), we effectively extend our life, feel better every day, drastically cut down the chances for many diseases, and most importantly, have more energy to live life to the fullest.

Thankfully, almost every military installation has a fitness center available free of charge, as well as special programs that encourage us to get moving, eat correctly and get physically fit.

And how about the cost? Free is awesome. Compared to the cost of a World Gym Fitness Center (Arnold's gym), membership at around \$249 for one year's dues plus an additional charge of \$62 for a monthly membership fee, free is a real bargain.

So, no more excuses...take a look at what is in your community and take advantage of all that is offered. The greatest gift you can give yourself is a commitment to healthy living.

Fitness Center Information

SHAPE Green Gym

Monday-Friday 6 a.m.-9 p.m.
Weekends, Holidays
10 a.m.-4 p.m.

SHAPE Main Gym

Monday-Friday 6:25 a.m.-9 p.m.
Weekends, Holidays
10 a.m.-4 p.m.

Chievres Air Base Fitness Center

Monday-Friday 6 a.m.-9 p.m.
Saturday 10 a.m.-7 p.m.
Sunday 10 a.m.-5 p.m.
Call for Holiday Hours

JFC HQ Brunssum

Monday-Thursday 6 a.m.-8 p.m.
Fridays 6 a.m.-7 p.m.

Schinnen Fitness Center

Monday-Friday 6 a.m.-8 p.m.
Saturday, Sunday, and Holidays
9 a.m.-5 p.m.

NSA Brussels

Monday-Friday 6 a.m.-8 p.m.
Saturdays, Sunday and
Holidays 9 a.m.-5 p.m.

Nutrition Notes

~ Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

~ Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

~ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

~ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

The above is recommended as part of the Dietary Recommendations for Americans 2005. Before changing any dietary or exercise habits, it is recommended that you see your physician.

Cool Fitness Websites

www.strengthcoach.com
www.nsca-lift.com
www.gssiweb.com
www.fitnesslink.com
www.fitnessonline.com
www.Aahperd.org
www.americanheart.org
www.cancer.org

www.cooperinst.org
www.biggerfasterstronger.com
www.cramersportsmed.com
www.fitnessworld.com
www.npra.org
www.MWR-Europe.com
www.acefitness.org
www.nutrition.org
www.eatright.org
www.fitnessconnection.com

Watch out for too much TV
 ...turns out TV and lack of
 exercise are real barriers to
 getting and staying fit
 -According to ExerciseForKids.com

Healthy snack foods to try:

- ~Fresh Fruit
- ~Small amounts of dried fruits such as raisins or apricots
- ~Fresh vegetables such as baby carrots, cucumber, zucchini, or tomatoes
- ~Reduced fat cheese or a small amount of peanut butter on whole wheat crackers
- ~Low-fat yogurt and fruit
- ~Graham crackers or low-fat vanilla wafers

**Foods that are small, round, sticky, or hard to chew, such as raisins, whole grapes, hard vegetables, seeds and popcorn can cause choking. So, for the very young (under the age of 4) always cuts the item into smaller pieces and always watch your toddlers during meals and snacks.*

EXERCISE

What is YOGA?

Yoga is a form of exercise that has been practiced for about 5000 years. Yoga is as much about the quieting of your mind as it is about getting your body into the correct form.

With Yoga, you get the benefits of an elevated heartbeat along with the controlled use of your limbs; and finally, after practicing this fitness tool for awhile, a healthier you.

Yoga teaches you to practice body control, breathing and meditation. By regularly practicing yoga, you improve muscle tone, flexibility, strength and stamina. Yoga lets you turn in, chill out and shape up - all at the same time.

Specifically, research shows that yoga helps manage or control anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases. How is that for health benefits?

Look for Yoga classes in your community and join in on the fun. Yoga classes are offered at the

SHAPE Main Gym every

Monday 7-8 p.m., Tuesday 9:30-10:30 a.m., Wednesday 9:30-10:30 a.m.
 And 4:30-5:30 pm., Thursday 9-10 a.m.

Classes are 5 classes for €18, 10 classes for €33 and 15 classes for €43 .
 Classes may be purchased at the Main Gym checkout window.
 Newcomers receive one class free of charge.

GET KIDS MOVING!

Visit MWR Child and Youth Services in your community and check-out what is available through youth sports.

There is soccer, basketball, baseball, dance, and tennis, just to name a few. Or if you prefer Karate or swimming...they have that too.

*Programs may vary.
 Give CYS Youth Sports a call to see what is available in your community.

Child and Youth Services

SHAPE/Chievres

Bldg 209, SHAPE

Office Open Monday-Friday, 8 a.m.-5 p.m.
 DSN 423-3874 CIV 065 44-3874.

Schinnen/Treebeek Education Center

Office Open Monday-Friday 8 a.m.-5 p.m.
 DSN 364-6221 CIV 045 526-6221

NSA Brussels

Office Open Monday-Friday 11 a.m.-4:30 p.m.
 DSN 368-9649 CIV 02 717-9649

Parents, did you know...

About 16% of kids today are overweight, and another 15% are at risk of becoming too heavy, which increases their chance of ailments such as type 2 diabetes, high blood pressure and high cholesterol. Enroll in MWR youth sports and encourage healthy habits.

HEALTH PREVENTION PROGRAMS

Community Health Information

SHAPE Healthcare Facility
DSN 423-5948 CIV 065/44.59.48
Classes are held at the SHAPE Healthcare Facility Second floor conference room.

Weight Loss Class

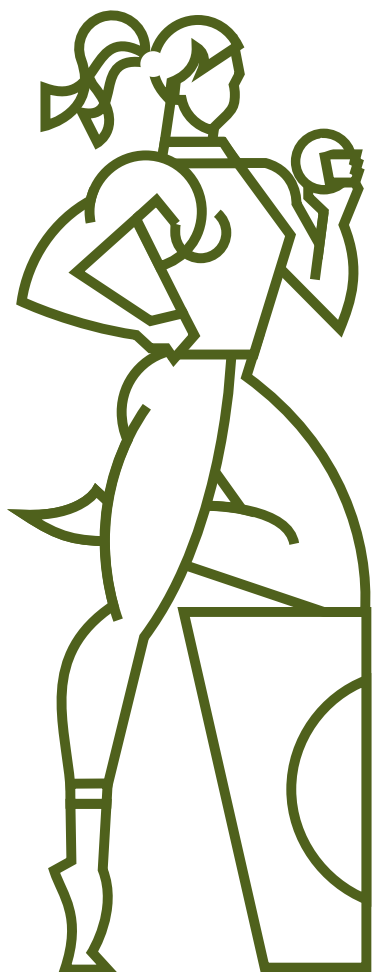
Held first Wednesday of the month from 10-11 a.m.

Self Care Class

Held second Tuesday of each month from 10-11 a.m.

Weight Loss Support Group

Held every Friday from 9-9:30 a.m.



Tobacco Cessation Clinic

Held every Monday and Wednesday from 3-4 p.m.

Weight Loss Support Group

Held every Wednesday from 9-9:30 a.m. at Chievres Library (CAC).

Weight Loss Support Group

Held every Thursday from 5-5:30 p.m. at SHAPE building 342 (behind the AFN/ACS building and near the U.S. post office).

Make Your Workout Work for You!

*By Christopher Staker,
US Army Center for Health Promotion and Preventive
Medicine Europe*

You are ready. You've purchased the right shoes, the right clothes, the perfect gym bag...The alarm goes off the next morning and you say to yourself, just 9 more minutes, time to snooze. After 4 snoozes, you say, No problem, I'll start today after work and do my morning routine tomorrow. The gym bag goes in the trunk and you are on your way.

Next week, the same packed bag is still hanging out in the trunk and you just didn't get around to it. Intentions are good, but excuses speak louder. How many times have you had every intention of starting your workout, but just couldn't find the time? You have an important meeting that day and can't mess with your hair at the gym. You have to get home in time to see *Desperate Housewives*. You don't want to go to the gym at 5:30 in the evening when everyone is there. Nobody can accomplish a thing during an hour lunch break. It's too hot. It's too cold. You didn't shave your legs. No child care. You don't know where to start. You forgot your socks. You don't like to sweat. You don't like the gym. You just have way too much to do. You find yourself in a strange country and pulled out of your comfort zone. You can workout with your videos at home that still have the cellophane on them. Pick one.

Not exercising usually only takes one reason when you're not fully committed to it. The best thing to remember is to choose something you like to do. If you dread the exercise you have chosen to get yourself into shape, it will take longer to get it started, and not long at all to revert to excuses. Exercise comes in all shapes and sizes. Running, walking, hiking, biking, weight training, aerobics, roller blading, swimming, basketball, gardening. Couch potatoes are not Olympic athletes. The most important thing is to increase your physical activity to at least 30 minutes each day. Physical fitness can start out as simple as parking farther away and taking the stairs instead of the elevator (Not a difficult task in Europe). Take the kids/dog for a walk. Find a buddy. Choose a time of day that works for you.

Don't let excuses get in the way of you taking action. According to the Center for Disease Control and Prevention, poor diet and lack of exercise combined are the second leading preventable cause of death in the United States. In this ever-changing world, the one thing that must stay constant is your commitment to yourself and your health. Why work yourself ragged to end up in a hospital bed for your retirement years? You have to own the fact that Your Health is Your Choice.



USAF FAMILY SUPPORT CENTER

Bldg 230, SHAPE, DSN 423-8010, CIV 065 44-8010

Open M-Fr 9 a.m.-3:30 p.m.

Closed SHAPE Holidays

The Family Support Center is a central referral and information center. Here is a list of services offered:

Emergency Financial Assistance or Air Force Aid (Army Relief Fund)
Respite Care (provide a break for AD families who need support)
Heading Down Range Readiness Kits for Adults and Children
Great Expectations (Bundles for Babies)
Individual Consultations (for job seekers), Resume Writing and
Local Employment Workshop
Interviewing Skills Workshop, and Employment Board
Sponsorship Resource Program
Personal and Family Readiness Programs to include Readiness Kits,
Video Tele-Conference Capability, Learning Resource Center,
Key Spouse Program, and Air Force 101 Workshop



COMING SOON

CREATIVE CRITTER HOUR

An activities group for parents of children up to 6 yrs old. Activities include storytelling, pretend play, songs, puppets, artwork and crafts for both the child and adult to enjoy.

If you would like to volunteer in the community, give us a call and get signed up.

Spouse's Day Out Tour Crystal Shopping Express

Czech Republic and
Neustadt, Germany

CALL 065 44-8010

22-24 July 2005
\$175

ARMY COMMUNITY SERVICE

DSN 423-5324

Classes held in building 318, first floor conference room.

First Term Financial Readiness

Wednesday, May 18, 8:30-11:30 a.m.
This eight-lesson program spans from setting a budget to investing and avoiding consumer scams. It is mandatory for first-term soldiers but helpful to anyone reassessing their financial status.

Transitioning Service Members/ Replacing your Benefits

Wednesday, May 18
1-2:30 p.m.

How to become a Millionaire on Military Pay

Wednesday, June 1
9-11 a.m.

ARMY COMMUNITY SERVICE W.E.B. Office

Hotel le Maisieres
DSN 423-6252 CIV 065 44-6252
Open M-Fr 9 a.m.-Noon
Closed SHAPE Holidays

Welcoming Everyone to Belgium W.E.B. Office

is designed to give community members and newcomers the chance to meet with each other for support, communication and assistance.

Rendez-vous with French!

Hotel le Maisieres W.E.B. Office
DSN 423-7598 CIV 065 44-7598
Looking for some basic French language skills? Let ACS help with this free class for beginners. The class is scheduled on May 17 and June 21, from 9:30 a.m.-Noon
Registration is required.

ARMY COMMUNITY SERVICE FOR ALL COMMUNITIES

Army One Source

Army One Source is a one-stop shop for military and community resources, online information, newsletters and workshops, free booklets, audio recordings, and written foreign language translations. AOS is free for community members and it is available 24 hours a day, 7 days a week, no matter where you live and work.

AOS has consultants who speak: English, German, French and Spanish and offer simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible.

Go to www.armyonesource.com,

User ID: army

Password: onesource

From Belgium, Netherlands, or Germany call 008 004 648-1077.

TTY/TDD 1-800-346-9188, or call collect from Europe by dialing 001 484 530-5889.

Digital Senders have been purchased for the 80th ASG Army Community Service (ACS) Centers at SHAPE and the 254th BSB (Schinnen). Brussels is expected to get a Digital Sender during the year. These Digital Senders allow ACS to send digital copies of documents to AOS, where they will be translated into the language of your choice. The translations are returned within 24-48 hours. Translate orders, financial documents, medical records, and much more at no cost. Files are sent to e-mail addresses in the PDF file format.

WOMEN INFANTS AND CHILDREN OVERSEAS (WIC Overseas)

Helping Children Get the Best Possible Start

WIC Overseas provides nutrition education and supplemental foods to pregnant/breastfeeding women, infants and children up to 5 years. Eligibility is determined by family size, income and other criteria.

Call today to see if you qualify. For more information, call the WIC office at DSN 423-5971 or CIV 065 44-5971.

Fitness Tip/Don't Be a Slouch!

No slouching on the cardio equipment please! Stand up straight, hold your head up high and get more out of your cardio workouts! Standing upright and supporting your own body weight uses the stabilizing muscles of the torso. The more muscles you use during any exercise... the more fat burning your body can do!

And don't forget to wipe down the cardio equipment after using it...

CHILD AND YOUTH SERVICES**Central Registration** (All Youth)

Bldg 209, SHAPE
DSN 423-3874/4328
CIV 065 44-3874/4328
Open M-Th 8 a.m.-5 p.m.
Fr 8 a.m. - 3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. You must bring a recent health assessment and immunization record in order to register.

Child Development Center

Bldg 616, SHAPE
DSN 423-4810/5618
CIV 065 44-4810/5618
Open M-Fr 7:30 a.m.-6:30 p.m.
Hourly Care (available during days when school is in session)
M-Fr 8:30 a.m.-5:30 p.m.
CDC offers child care for children from 6 weeks to 5 years of age.

Middle School Center

Bldg 503, SHAPE
DSN 423-5789/5635
CIV 065 44-5635
Open M-Fr 3:30-6:30 p.m.
When school is out, the Center is open from 1 - 6:30 p.m.

Teen Center

Bldg 503, SHAPE
DSN 423-5711/5610
CIV 065 44-5711
Open M-Fr 3:30-6:30 p.m.
When school is out the Teen Center is open 3-6:30 p.m.

School Age Services (SAS)

Bldg 602, SHAPE
DSN 423-5980/5982
Open M-Fr 7:30 a.m.-6:30 p.m.
SAS offers out-of-school activities for youth grades 1-6.

Sports Office

Bldg 503, DSN 423-5856
Register at the Central Registration Office, Bldg 209
Open M-Fr 8 a.m.-5 p.m.
Closed SHAPE Holidays
DSN 423-3874/4328

Volunteer Coaches Needed!

Coaches needed for a variety of sports. Head Coaches receive a discount on their children who are enrolled in CYS sports... first child is free, 50% for second child. Give CYS Sports a call, volunteer and make a difference.

Children's Theater Class

Children ages 5-8 and 9-12.
Parents, call DSN 423-3312 for information on classes and upcoming acting opportunities.

CYS Instructional Classes

Swimming, Tae-kwon-do,
Tennis, Ballet, Tap,
Gymnastics, Violin, Piano,
Guitar, Judo, Orchestra, Cello
and Language Lessons.

Sign-up in Bldg 209 on SHAPE and bring a current Health Assessment and an up-to-date immunization record.
Registration fee €12.

**CYS Summer programs
DSN 423-3737**

Piano classes
(minimum participation required)

Ballet classes
(minimum participation required)

Early Childhood Music Sessions
(minimum participation required)

**Tennis, Tae Kwon Do
& Swimming Clinics**

More Youth News

SAS Summer Camp is open to children who have completed Kindergarten and up to the 6th grade.
Sign up at SHAPE, Bldg 616.

Fee is based on DoD Fee policy. New patrons (not currently using School Age Services) should register at the Central Registration Office beginning May 9.

Middle School Weekly Field Trips (must have completed grades 7 or 8)
A field trip to a local attraction is offered each Wednesday during the Summer.

Sign up begins May 9.
Fee per trip is €20.
Sign up early because limited space.

ACS NEW PARENT EDUCATION AND SUPPORT PROGRAM

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324
Open M-Fr 8 a.m.-5 p.m.
Closed SHAPE Holidays

The following classes are held at the SHAPE Healthcare Facility in the 2nd floor conference room. For more information, call DSN 423-4263 or CIV 065 44-4263

Infant Massage Class

Come to the Infant Massage Class Thursdays from 11 a.m.-Noon.

Childbirth Education Class

Learn what to expect before, during and after childbirth. This class includes 8 sessions on Wednesdays, 5-7 p.m.
Call DSN 423-4263 for the next class dates.

Breastfeeding Support Group

Have questions or want to help others. Give ACS NPESP a call to find out the next date and time for this support group meeting.

Play Morning

At the SHAPE Health Clinic EDIS playroom located on the second floor. Call for dates and times.

CYS PARENT ADVISORY COMMITTEE

This is your avenue to actively participate in CYS programs.
May 31, YS Bldg 503, Noon-1 p.m.
June 28 (7-8 p.m.) and
July 26 in Bldg 209, Central Registration, Noon-1 p.m.
All are invited to join us to learn about CYS programs and initiatives
MEAL IS PROVIDED!

CYS Instructional Classes Recital 2005

**Wednesday,
June 8, 5:30 - 8 p.m.
SHAPE Cinema**

**Participants include:
piano, guitar, violin,
cello, youth orchestra,
ballet/tap students
and more!**

**Special Guest:
Steve Austin and his
Hip Hop Dancers**

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.
DSN 361-5506 CIV 068 27-5506
E-mail address:
Chievresactivitycenter@benelux.army.mil

The CAC is available for private and
official functions to include a variety
of events such as birthday parties.

Fitness Center

Chievres Air Base, CAC
Open M-Fr 6 a.m. to 9 p.m.
Sa 10 a.m.-7 p.m., Su 10 a.m. - 5 p.m.
Call for holiday schedule.
DSN 361-5643

Stay healthy and fit, visit the
Chievres Fitness Center.
Drop by on Wednesdays at
9:30 and attend a weight-loss
support group provided by
SHAPE Health Care.
No need to sign up, just stop by and
begin the first day of the rest of your
life...the healthy way.

Chievres Air Base Library

Chievres Air Base, CAC
Open T-Fr Noon-6 p.m.,
Sa 10 a.m.-5 p.m.
Closed Sundays, Mondays and
Holidays
DSN 361-5767

The Library offers over 10,000 books,
books on tape, movie VHS tapes and
DVDs. Computers with Internet
service and copier with free
copying are also available.

International Library

Bldg 307, Community Activity
Center, SHAPE
DSN 423-5631 CIV 065 44-5630
Open M-W 9 a.m.-8 p.m.,
Th-Fr 9 a.m.- 6 p.m.,
Sa 10 a.m.-5 p.m.

SHAPE Library Events**Book Discussion Group**

This fabulous book club known as
"Page Turners" meets at 5:30 p.m.
on the third Wednesday of each
month. May 18, 5:30 p.m.
To Serve Them All My Days by
R.F. Dederfield

Library Gallery

The library hosts a different artist
each month. Come in and view these
beautiful and creative art shows.

Stop by the library to pick up
information on the Summer Reading
Program...Teach your children the joy
of reading!

**CHILDREN'S
"STORY TIME"**

Chievres Air Base
Thursdays, 4:30-5 p.m.
Story and Craft Time

CHILDREN'S LAP SIT
(ages up to 24 months)
SHAPE International
Library
Wednesdays, 10-11 a.m.

**TRY SHAPE
PIZZA BOWL
FOR YOUR
NEXT
PARTY!****SHAPE BOWLING**

Bldg 502, SHAPE
DSN 423-5697
Bowl M-Th 11 a.m.-11 p.m.,
Fr-Sa 11-1 a.m., Su and
SHAPE Holidays Noon-11 p.m.

LEAGUES

A 12-lane bowling center
providing services for
13 leagues, consisting of
a women's league, a youth
league, and an adult
evening league.

COSMIC BOWL

Glow-in-the-dark bowling
available Friday-Saturday nights.

BOWLING SPECIAL

Monday - Friday
11 a.m.-2 p.m. €1/game.

SUNDAY IS FAMILY DAY

All games are €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game.

Stop by the Pro Shop for
many choices in bowling
equipment. Also offer
drill press.

Chievres Air Base Library

Chievres Air Base Library has many
books and videos to help you get fit
and stay fit.

Books and Books on CD

The Ultimate Weight Solution, book
and audio CD; The Ultimate Weight
Solution Cookbook; Bob Greene's
Total Body Makeover; French
Women Don't Get Fat, book and
audio CD; The South Beach Diet
and Cookbook; Pilates for Every
Body; Yoga Mind and Body; Yoga;
Pregnancy and Exercise; Smart
Exercise; Yoga and the Quest for
the True Self; Yoga for Kids and
Workouts with Weights.

Exercise DVDs and Videos

Pilates Workout for Dummies;
Pilates; AM and PM Yoga; Total
Yoga; David Carridine's Tai Chi
Workout; I Want That Body;
Ultimate Fat Burner: A Complete
Weight Loss Workout; Tae Bo, Live;
AB Sculptor; The Method Precision
Toning; Mat Workout-Pilates; Tae
Boxing; Target Training; Tai Chi
Workout; and Tae Box: Kick to Fit.

Stop in and check us out!
Chievres Air Base Library
Call 068/27.57.67
DSN 361-5767 or Email
chievreslibrary@benelux.army.mil

**Summer Reading
Program Comes
To Chievres Air Base**

June 20-July 29

Sign up at the
Library May 17 - May 31

This year's theme is
**Dragons, Dreams,&
Daring Deeds.**



SHAPE ARTS AND CRAFTS CENTRE

Bldg 209, SHAPE
DSN 423-4680 CIV 065 44-4680
M-Th 8:30 a.m.-5:30 p.m. and
Fr 8:30 a.m.-4:30 p.m.

The Arts and Crafts Centre provides facilities, instructions and materials to meet your creative needs. The Centre features a ceramics studio, wood and framing shops, custom engraving and classes on painting, drawing, flower arranging, quilting, basketry, jewelry, oil painting, watercolor, wood turning and much more. Classes are taught by a multinational staff and freelance instructors. We are always looking for new ideas and talented community members interested in teaching a class. Give us a call today.

The following is a list of some of our classes offered in the upcoming months. For a complete listing, stop by the Centre. **Materials are not included in the price unless specified.**

Oil Painting

€110 / 8 lessons
On Thursdays from 2-5 p.m. and
on Tuesdays from 6-9 p.m.

Watercolor

€110.00 / 8 lessons
On Wednesdays from 6-9 p.m.

Wood Shop

Open T-W 5:30-9 p.m.
Sa Noon-5 p.m.

Wood Turning on the Lathe

€75 / 3 lessons (Materials not included) Tuesday or Wednesday evenings from 6-9 p.m.

Frame Shop Hours

W 3-9 p.m.
Th 10 a.m.-9 p.m.
Sa Noon-5 p.m.
Class on May 13 or 27, 6-10 p.m.
Cost €30.

French Polishing

Wednesdays, 6-8:30 p.m.
€50/4 lessons

When you find that treasure at the local flea market, bring it to the Furniture Restoration class to fix it up and then on to the French Polishing class to put the finishing touches on it.

SHAPE ARTS AND CRAFTS CENTRE

Easy American Country Quilting

Classes held Wednesday and Friday mornings from 9:30-11:30 a.m. And occasional Saturdays. Call for exact dates and times.

Basketry

Classes are held several times a week. Call for dates and times.

Pottery on the Wheel

€75/6 lessons
On Mondays and Wednesdays from 9-11:30 a.m.

Mosaic Class

(36 tiles, glue and grout included)
June 8, 10 a.m.-1 p.m.
May 18 or June 15, 6-9 p.m.
Cost is €25/lesson

Silver Jewelry Making

May 11 and 18 from 6-8 p.m.
€19/2 lessons

Power Tool Orientation

Classes held several times a month on Saturdays. Call for next date and time. €15/class

Furniture Restoration

Tuesdays, 6-8 p.m.
31 May or
7, 14, 21, June
€50/4 lessons

Ceramic Hours

M, Th 9 a.m.-5 p.m.,
T-W noon-9 p.m.,
Fr 9 a.m.-3 p.m.
Sa 10 a.m.-5 p.m.

Adult Basic Ceramics

Thursday nights; May 26 from 6-10 p.m.
Tuesday mornings; May 24 9 a.m. - 1 p.m.
The cost is €30 and includes 4 lessons.

Rubber Stamping & Scrap Booking Memory Book Work Shop May 14, 11 am.-3 p.m.
€10/lesson

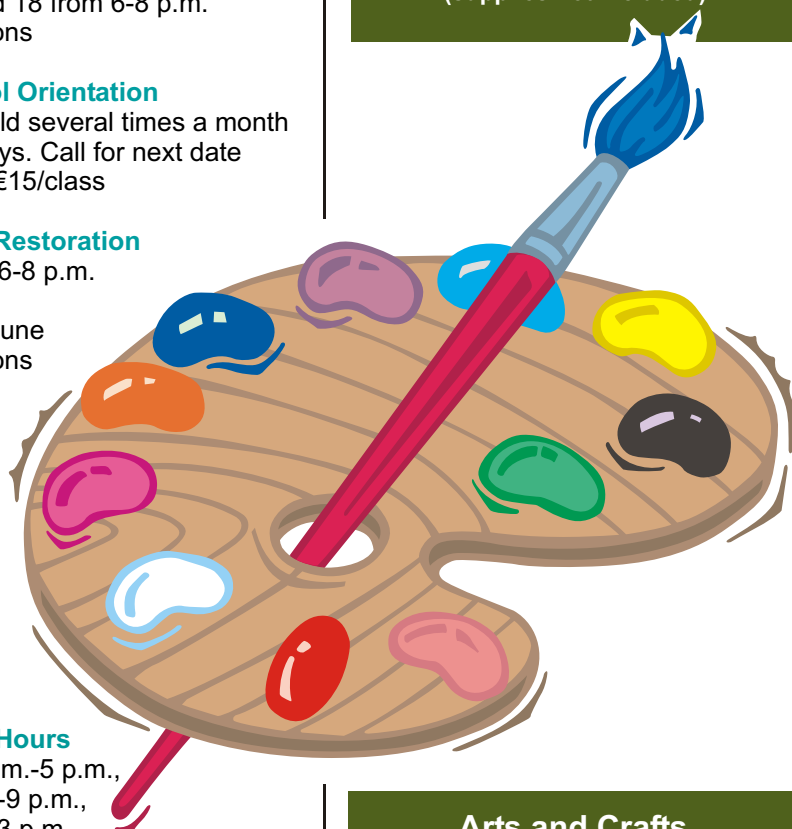
Here are some "FINE" Art Classes. If interested, please Give the Arts and Crafts Centre A call for exact dates and times.

Adult Drawing
Thursdays, 6-8 p.m.
8 lesson course
(including 4 lessons with a model)
€110 (supplies not included)

Children's Drawing
Wednesday afternoons
Please call for dates
4 lesson course €40

Watercolors
Wednesdays, 6-9 p.m.
8 lesson course €110
(supplies not included)

Oil Painting
Tuesdays 2-5 p.m. and
Thursdays, 6- 9 p.m.
8 lesson course €110
(supplies not included)



Arts and Crafts Children's Birthday Parties!

Plan events like:
Bisque Painting, Candle Making, Ceramic Tile Mosaics, Puzzle Photo Frame, Mug or Plate Painting, Swarovski Jewelry Making.

Call DSN 423-4680 for details.

Art at SHAPE

Fine Arts Classes Offered
Arts and Crafts Center
Bldg 209, SHAPE



**ALSO OFFERING
CHILDREN'S
ART CLASSES
AND
ADULT
WATERCOLOR
AND
OIL PAINTING
CLASSES.**



Adult Drawing Class With Instructor Derek Wilford Now offered at SHAPE Arts and Crafts Centre!

Derek Wilford received his professional art credentials from the Slade School of Fine Arts in London and is ready to teach you the mastery of fine art. Derek offers participants eight two-hour lessons, including four with a live model. The classes are designed to teach you how to form shapes and achieve third dimension drawing with the use of minimum draw marks.

After you have mastered form drawing, the human figure is introduced and students begin to learn how to draw in proportion and individual human body features such as the head, feet, legs, hands and arms.

Classes are held on Thursday evenings for 8 weeks from 6-8 p.m. To sign up for the next eight-week session, call the SHAPE Arts and Crafts Centre at DSN 423-4680.

This fine arts class costs €110. You should also bring the following supplies and they are not included in the cost of the class: various pencils: 2B, 4B, 6B; an eraser; a large drawing paper block 60x46cm OR smaller block 36x28cm; and possibly later pen and ink.

Prime Time Lounge

Building 7, Daumerie Caserne

Lunch Served M-Fr, 11:30 a.m.-2 p.m.

Bar Opens W-Fr at 5 p.m.

DSN 361-5540 CIV 068 27-5540

TAKE-OUT, DSN 361-6245 CIV 068 27-6245

Karaoke every Friday night beginning at 8:30 p.m.

Country Night every 2nd Saturday of the Month beginning at 8:30 p.m.

The PTL now serves breakfast Monday through Fridays from 7:00 until 9:00 a.m. The cost is \$5 or €5 for an all-inclusive breakfast. Sorry no items sold separately. This service is being offered on a trial basis to determine usage.

GOOD NEWS!! The **PRIME TIME LOUNGE** accepts *Host Nation Meal Vouchers like Cheque Repas®*.

SHAPE PIZZA BOWL

Bldg 502, SHAPE

DSN 423-5696 CIV 065 44-5696

Breakfast: M-Fr 8 a.m.-10:30 a.m.

Sa-Su 8:30 a.m.-11:30 p.m.

Lunch: M-Th 10:30 a.m.-9:30 p.m.

Fr 10:30 a.m.-11 p.m.

Sa 11:30 a.m.-11 p.m.

Su 11:30 a.m.-9:30 p.m. and

SHAPE Holidays Noon-8 p.m.

Come try a delicious pizza cooked and check-out our snack bar menu offering many new items to include Biscuits and Gravy, Tacos, Chicken Caesar Salad and French Toast.

SHAPE OFFICER'S CLUB

Bldg 903, SHAPE

DSN 361-4133 CIV 065 44-4133

Dining Room Lunch M-Fr 11:30 a.m.-

1:30 p.m. offering lunch buffet for €13.

Steak Night Thursdays 7-9 p.m.

Ball Room is available for rental for receptions up to 500 people and for seating up to 350 people.

Mons Bar

Open M-Th 5-11:30 p.m.,

Fr 3:30 p.m.-Midnight. Food Available

Monday to Friday from 6-9 p.m.

Happy Hour Wed, 6-7 p.m.

Darts every Monday night only €5.

Sunday Brunch

Call for a reservation.

DINING

Now open every Tuesday, Wednesday,

and Thursday "Steak Night" for dinner.

Doors open at 5 p.m. Come

checkout our new updated menu.

Upcoming Events**Friday, May 20, Medieval Night****Sunday, June 5, Brunch****Friday, June 17, Summer Night****SHAPE INTERNATIONAL COMMUNITY CLUB**

Bldg 303, SHAPE

DSN 423-5129 CIV 065 44-5129

Open for Self Service

Lunch M-Fr 11:30 a.m.-2 p.m.

Dinner M-Fr 5-8:30 p.m.

Stag Bar Open M-Th 4:30 p.m.-

11 p.m. Disco Night is on Thursday

and we are open until 2 a.m.

Fr 3:30 p.m.-1 a.m.

Closed Saturday and Sundays.

The IC Club is available to rent for private parties and social events.

SILVER SPOON-HQ Cafeteria

Bldg 102, SHAPE

DSN 423-5114, CIV 065 44-5114

Open Breakfast M-Fr 7:30-10 a.m.

Lunch 11:30 a.m.-2 p.m.

Café Bar open M-Th 9 a.m.-5 p.m.

and Fr 9 a.m.-3:30 p.m.

The HQ Cafeteria offers a large variety of choices from sandwiches, to hot full-course meals and a large salad bar. For a menu listing, pick up a SHAPE Community Life or go to www.shapeonline.net.

Looking for ...

community talent to perform at this year's 80th ASG MWR July 4th Celebration on Saturday, July 2 at SHAPE.

**Sign up today!
Call MWR at
DSN 361-5589**

SHAPE AUTO SKILLS CENTER

Bldg 314, SHAPE

DSN 423-4693

Open T-Th noon-8 p.m.

Fr noon-6 p.m.,

Sa 10 a.m.-6 p.m.

Offering 14 work areas and 4 lifts.

Welding, steam cleaning,

wheel balancing, brake testing, etc.

Stop by and check us out.

OUTDOOR RECREATION CENTRE

Bldg 307, CAC, SHAPE

DSN 423-5380

CIV 065 44-5380

Open M-Fr 10 a.m.-4 p.m.

Closed Sa, Su and SHAPE

Holidays. Stop by today and pick

up a price list!

Outdoor Recreation offers equipment rental and has everything you need for outdoor activities. Stop by and pick up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Some items that are available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sports equipment, large inflatable party entertainment items, grills and super cookers. For those interested, Outdoor Rec has hall-sized bingo machines available for rental. For customer convenience, Outdoor Rec accepts rental reservations by credit card over the phone.

No Time to Cook Tonight?**Just a friendly reminder!**

Fresh fish and Chicken available every week on SHAPE.

Fresh Fish available on Wednesdays And Chicken available on Fridays in front of the SHAPE Rendezvous (Parking Lot)



Salsa Dancing

SHAPE Salsa lessons offered on Wednesdays for beginners and Mondays for advanced. Both classes run from 7-8 p.m. and cost €5 per person. Classes are held on SHAPE at the International Club (IC CLUB). For more information, call DSN 423-3312.

Dancing is a great form of exercise.

GOING SOMEWHERE?

Installation Hotels & Locations

The role of Army Lodging is to provide quality lodging and hospitality services to eligible patrons for America's Army.

Army lodging facilities are comparable to commercial hotel standards and represent quality and consistency from installation to installation.

The Army Lodging community currently consist of 22,000 guestrooms at over 80 locations serving primarily business travelers and families changing assignments.

To view the locations of facilities, please go to: www.armymwr.com and click on Travel and then click on your destination State.

**SHAPE American High School
Spring Concert**
May 26, 6:15 p.m.
(Dessert Buffet)
Concert starts at 7 p.m.
SHAPE IC Club

Fee for Buffet: €2.00
Concert fee: €4.00 for adults
Free for students
Reserve seating: DSN 423-5783

Operation RR Continues at Edelweiss Lodge and Resort, located in Germany. Now more than ever, Edelweiss Lodge and Resort stands poised, Ready To Serve You. Operation Iraqi Freedom and Operation Enduring Freedom service members and their families on R&R leave or redeployed block leave status from OIF/OEF are all eligible to receive this incredible package deal. (Guests must provide their DA31 upon check in.) Reserve online at www.edelweisslodgeandresort.com

THE AVIATORS'

Historical Walking Tour
Sunday, 8 May 05
Chievres Airbase, Belgium

**Celebrate the 60th
anniversary of VE Day
(Victory in Europe)**
**The 5th Annual
Aviators Walk**



Pre-registration for non ID cardholders is mandatory Tel (068) 275419

GOING SOMEWHERE?

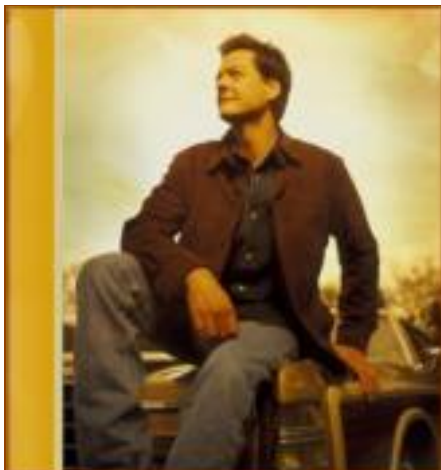
GOING BACK TO THE STATES...HERE IS SOME USEFUL INFORMATION...

Anheuser-Busch Cos. Inc. announced its "Heroes Salute" to honor the U.S. Armed Services by offering free single-day admission to its SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents through Dec. 31, 2005.

You can register, either online at www.herosalute.com or in the entrance plaza of participating parks, and show a Department of Defense photo.

As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

More information available via the web at www.herosalute.com.



Thom Shepherd.com
COUNTRY SQUIRE

**Country Music
Open Air Concert**

**Saturday,
June 18, 3 p.m.
Chievres Air Base**

**If you love Country Music
you'll love Thom Shepard!**

**FREE Open Air Concert
Details Call DSN 361-5589**

Annual Job Fair

26 May - 1:00 to 5:00 P.M.
Hotel le Maisieres
Banquet Room

**Looking for a job?
We have what you need.**

Over 30 Community Employer Representatives...

- CPAC
- DoDDS
- AAFES
- 80th ASG, DMWR
- BENELUX Finance
- Andrews Federal
- SHAPE Health Facility
- 39th Signal
- Commissary
- Morale Welfare Branch
- Northern Law Center
- US Army Element
- SHAPE American High School
- US Navy Element
- And many more...

Open to SHAPE ID card holders & Host Nation Employees.
For details, please call DSN: 423-4904

Now Serving
Breakfast
€5 or \$5
Monday through Friday
from **7:00 a.m.**
Until **9:00 a.m.**

**You Asked For It
and MWR delivers!**

PRIME TIME LOUNGE
DAUMERIE CASERNE

All-Inclusive Breakfast
Scrambled eggs, sausage or bacon, cold cuts, cheeses, croissants rolls, coffee, and juice. Sodas are \$1 or €1 extra.
(No substitutions are allowed.)

This service is being offered on a trial basis. In order for this service to be a success and continue, we must serve a minimum of 20 breakfasts daily.

SHAPE TRIPS AND TOURS

SHAPE, Bldg 307
Community Activity Centre
DSN 423-3884 CIV 065 44-3884
FAX 065 84-5154
Email: st&t@benelux.army.mil
Open M-Fr, 9 a.m.-4 p.m.
Closed SHAPE Holidays
<http://www.Shapeonline.net>

Upcoming Trips!**May**

14: Paris
15-16: Champagne Weekend
with Golfing, Biking,
Outlet Shopping
21: Somme Battlefields
28: Dover and Canterbury by
Ferry
31-2 Jun: Poland Express

June

3-5: Normandy Weekend
11: Nausica, Boulogne sur Mer
(French Aquarium)
18: Windsor Castle
22: London
26-27: Amsterdam Overnight
29: Disney

July

1: Comedy Club Brussels
2: Dutch Windmills and
Volendam
8-10: London Weekend
15-20: Neustadt, Karlovy
Vary and Prague
17: Fashionable Paris
21: Bluewater Mall
30: Hever Castle

August

6-14: Lithuania, Latvia, and
Estonia
9: Paris
13: Amsterdam
*Much much more...stop by and
check us out.*

**SHAPE
TAXI SERVICE**

**Need a taxi from
somewhere on SHAPE?**

Call these guys!

TAXI TOP CHAUSSEEN
065 84-2406 or
0498 86-1686

*SHAPE Trips and Tours
offers day, weekend, and
week-long trips to
destinations all over
Europe for prices you
can afford.*

*Aqualibi and other
Europe amusement
parks discount tickets
are available.*

*Although it is always best
to come in to the office
to book a trip, Trips
and Tours now accepts
credit card reservations
over the phone.*

**Chievres
Air Base
Kennel**

**To make a
reservation,
call DSN
361-5436.**

**SHAPE TRIPS AND TOURS**

31 May-5 June 2005
Poland Express

Join us for an express trip to Poland! We will depart SHAPE early Tuesday evening and drive through the night. There will be a stop for a snack and to prepare for the night. We will also have a breakfast stop and the chance to freshen up in Germany before we reach Boleslawiec. We will have several opportunities to shop 'till we drop when we arrive in Poland. In addition to the coveted, colorful pottery, you will find baskets and decorative items to include crystal, and china for your home. If you reach your shopping limit before your time expires on this whirlwind trip, feel free to take a taxi and explore the delights of this charming city. Price: €188

3-5 June 2005
Beaches of Normandy

The first day of our journey takes us to Amiens and Neufchatel en Bray. Then stop at Allouville Bellefosse to admire the oldest oak tree in France. Continuing to Bolbec via the famous bridge of Tancarville, we reach the picturesque village of Honfleur from which Jacques Cartier and Samuel de Champlain set sail in 1608 to discover Quebec. Then, it is on to visit Pegasus Bridge, where the British Gliders started the Overlord Operation. Our last stop of the day will be at the war museum of Arromanches for a guided tour. For dinner and overnight, we continue on to Campanile Hotel in Caen.

On Saturday, after breakfast at the hotel, we leave for the beaches, with a visit to the German Cemetery of La Cambe. We then depart for St Mère L'Eglise for free time and lunch. You may want to visit the museum. Then, it's on to the cliffs of Pointe du Hoc (Ranger Attack), Omaha Beach, and the American Cemetery of St Laurent Sur Mer (time capsule and Roosevelt brothers). We end our second day in Mont St Michel with dinner and overnight at the Mercure Hotel in Mont St Michel.

Sunday begins with breakfast in the hotel, followed by a visit to a German cemetery near Mont St Michel and a Calvados liquor farm with free tasting. Free time for lunch and a visit of Le Mont St Michel with an optional (not included) guided tour of the abbey. Price: €388 for Single Room, €335 pp double or twin room, child ages 3-12 with two paying adults, €115.

Need a ride to the Airport?

SATO travel located on Chievres Air Base offers a shuttle to Brussels Airport starting at €65 one way.

You must stop by SATO to confirm.

DSN 361-5783, CIV 068 65-7119



SHAPE AMERICAN SCHOOL INFORMATION

The SHAPE American School Registration for 05/06 school year is approaching.

For complete details, please go to www.shap-hs.eu.dodea.edu (high school students) and www.shape-es.eu.dodea.edu (elementary students). Registration information online at www.eu.dodea.edu.

High School registration for newcomers is scheduled for 4/5 August, 9 a.m.-Noon and 2-4 p.m. The High School Registrar can be reached on DSN 423-5775.

Elementary School registration packets are now available from the registrar's office in building 703A room 115 or call DSN 423-5735. School registrations run through June 22 Monday-Friday from 9-11:30 a.m. (closed holidays). Can't make it by the 22 of June, no problem...there will be a registration on August 3 from 9 a.m.-3 p.m.

School begins August 22, 2005.

Thinking about finding a job?

Before you do, sign up and attend the Army Community Service class, "**Job Opportunities Workshop**." Give ACS a call and sign up for the next Wednesday morning 9 a.m. Workshop. This class is free and open to the entire SHAPE community. This workshop shows you the different options that you have available to you and how to apply for jobs.

Want to work at SHAPE?

MWR Jobs - For a complete listing of jobs, visit www.shapeonline.net or stop by the SCSF Personnel Department located on SHAPE in building 207, room 109 or give them a call at DSN 423-4075.

Want to work at CHIEVRES?

MWR Jobs - For a listing of jobs, visit www.cpol.army.mil



See back page for all the latest MWR details on this years' 4th of July festivities!

US Army Ball

SHAPE Officers Club
Saturday, June 11
Questions, please
call DSN 361-5288
More details
to come.

2005 SHAPE Flea Market

The SHAPE Flea Markets take place in the Industrial Area Car Park (200 area) from 8 a.m. - Noon.

Sale Of Vendor Permits	Flea Market
25 May	29 May
22 June	26 June
27 July	31 July
17 August	21 August
21 Sept.	25 Sept.

The first Flea Market takes place on Sunday, 29 May 2005. SHAPE ID card holders can purchase vendor permits on:

Wednesday, 25 May 2005,
8:30 a.m. -11:30 a.m.
SHAPE Cinema

Thursday-Friday, 26-27 May 2005
10 a.m.-11 a.m. and
1 p.m. - 3:30 p.m.
MWB Ops., Bldg 209 in the
Industrial Area

So don't miss the chance to sell your second-hand items.

Non SHAPE ID Card Holders can enter the Flea Market area only through the Industrial Gate (by foot). Cars can only be parked outside the gate along the main street.

Feel Better During the Work Day

It is recommended
that for every one
hour of work,
take a five
minute break and
stretch,
walk, or meditate...

ATHLETICS PROGRAM

Bldg 313, SHAPE
DSN 423-5325 CIV 065 44-5325

The facilities offer basketball, volleyball, badminton, squash, racquetball, handball and 5 and 1 side courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket, and tennis. Also available are personal trainers, tennis instructors and massage therapist.

Indoor Pool Operating Hours Lane Swim

M-Fr from 6:30-8 a.m.,
11:30 a.m. -1:15 p.m. and
5:30-7 p.m.

Family/Open Swim

Sa-Su 10 a.m.-3:30 p.m.

Green Gym

DSN 423-5156 CIV 065 44-5156
M-Fr 6 a.m.-9 p.m.
and Sa-Su/SHAPE Holidays
10 a.m.-4 p.m.

Fitness Introduction Class

Fitness introduction is not a mandatory class but is recommended for users not familiar with the equipment. To sign up, call DSN 423-4247/5325.

Fitness Classes

The cost for all fitness classes are 5 classes for €18, 10 classes for €33, and 15 classes for €43 and can be purchased in the Main Gym checkout. Newcomers may try one class for free.

Water Aerobics

Every Tuesday, 7-8 p.m.

Body Blast Class

Every Monday, 9:30-10:30 a.m.

Yoga Flow Class

Every Wednesday, 9:30-10:30 a.m.

Fit Ball Class

Every Friday from 9:30-10:30 a.m.

Spinning

Every M, W, Fr, 12:15 -1:15 p.m.

Yoga

Every Thursday, 9-10 a.m.

Yoga Stretching

Every Wednesday, 4:30-5:30 pm

Circuit Training

Every M, W, Fr, 12:30-1:30 p.m.

Tae Robics

Every M, Fr, 2-3 p.m.

Martial Art

Every T, Th 11 a.m.-Noon

SHAPE Main Gym

Open

Monday-Friday

6:30 a.m-9 p.m.

and

Weekends and

SHAPE Holidays

10 a.m.-4 p.m.

**MONTHLY FUN
RUN ON SHAPE**

***Every last
Tuesday
of the
month***

**REGISTER AT
THE
MAIN GYM
BY**

12:15 p.m.

RUN BEGINS

12:30 p.m.

DSN 423-3945

**80th ASG Yellow Ribbon Program**

Yellow Ribbon Families Group
Meet every Tuesday from 9-10 a.m.
in the ACS Yellow Ribbon Room
DSN 423-4332 CIV 065 44-4332

Mommy and Me Fitness

Every Monday through Friday
9:30-11:30 a.m. in the Fitness Suite
DSN 423-4247/3945
CIV 065 44-4247/3945

SHAPE Community Unit Level Sports

DSN 423-8007/3993
CIV 065 44-8007/3993

Men and Women

Softball, two games played every Tuesday and Thursday beginning at 6:30 p.m. On field 8 and 9 located behind SHAPE Health Care Facility.

SACEUR SPORTS EVENTS

DSN 423-4717 CIV 065 44-4717
Racquet Sports, May 26
Orienteering, June 14

Other SHAPE Main Gym Activities

VOLLEYBALL
SOCCER
UNIT LEVEL BASKETBALL
RUGBY
COMMUNITY BASKETBALL
SHAPE SEALS

More details, call 423-3947

Fitness Tip

Most health organizations recommend a diet consisting of a balance from
**Carbohydrate at 55-65%,
Protein at 10-15%, and
Fats at no higher than
30% of total calories.**

Main Gym Update

**SHAPE Indoor Tennis Courts
are closed through May 31**

**We are making repairs to the roof and other
maintenance areas.**

Questions, call DSN 423-5156 or DSN 423-5231.

New to the community?

Here are programs in the community that are available to newcomers that want to learn more about where they live and work.

80th ASG Newcomer's Briefing. On May 11, June 8 and July 13 get a complete overview of the military community. Come to the Hotel le Maisières at 8.30 a.m. and find out important information. The briefing is open to all U.S. ID cardholders. Call CIV 065 44-4332 for more details. All participants are treated to a free lunch.

W.E.B. Office. Welcoming Everyone to Belgium is located in the Hotel le Maisières and is open Monday-Friday from 9 a.m.-Noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities and information about events in the local area.

Take the Bus. Meet outside the Hotel le Maisières on Thursdays, May 12, June 9 or July 14 and explore with ACS how to find your way around in the area using the Belgian bus system. To sign up call CIV 065 44-4332.

Take the Train. Find out how you can discover your new area while traveling around using the Belgian train system on Fridays, May 13, June 10 or July 15. Trips include a visit to the markets at the Grand Place in Brussels. To sign up, call ACS at CIV 065 44-4332.

Cultural Adaptation Trip. Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, visit a Belgian vintage store and go on a guided tour of one of the oldest family breweries in Brussels. The cost for this great trip is only €5 and includes the entry fee and the guided tour of the Brewery. Call CIV 065 44-5324 to get details on the next scheduled trips for May 14, June 11 and July 16. Group meets at 9 a.m. in front of ACS, Bldg 318, SHAPE. Pre-Registration and Pre-Payment required.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Next scheduled classes are May 9-20 from 8.30-11.45 a.m. and May 30-June 11 from 1.30-4.30 p.m. Call the Education Center at CIV 065 44-3466 to sign up.

Rendez-Vous with French. This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class. Next classes May 17, June 14, and July 19.

SHAPE Language Center. Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish and Russian. This is a wonderful opportunity to learn another language. Receive 50% discount on your dependents 1st English or French beginner course if you sign up within your first six month in the community. The Language Center offers spring, summer and fall/winter classes and is located on SHAPE in Bldg 211. Enrollment for summer classes is June 26-30. The first summer session starts from July 4-25, the second session is from August 1-22. Call CIV 065 44-4971 for additional info and to make appointments.

Job Opportunities Workshop. Every Wednesday morning at Army Community Service - ACS Employment Readiness Program (located in Bldg 318, rm. 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment related services from building your resume to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses and family members (to include youth) are eligible to use these services. To register, call CIV 065 44-4904.

Lending Locker. Call ACS at CIV 065 44-4332 to borrow items while moving. The Lending Locker is located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.

US Summer Hire Program

The application process for this year's Summer Hire program has started. The US Summer Hire Program is designed to provide young people an opportunity to gain meaningful job experience, prepare for future educational and career goals, and support the Army mission. Open to all Family Members (FM) between the ages of 14- 22 years old. Must be a FM of an active military member or DoD civilian. FMs must be 14 by 27 June 2005 which is the official start of the program and cannot reach their 23rd birthday prior to the end of summer hire program. Questions about the Summer Hire Program may be directed to SummerhireInquiry@cpocean.army.mil.

The employment runs June 27 to August 5 and pay is \$5.15 an hour. Online applications are being accepted now until May 13 at ww.chrma.hqusareur.army.mil/staffing/summerhire.

New to the community?

Available programs in the community open to newcomers that want to learn more about where they live and work:

NSA Brussels Community

NSA Newcomer's Briefing. This three-day workshop is offered quarterly and ensures a smoother transition for new arrivals! ext Newcomer's Briefing is planned for July. Call for exact dates. On day 1 key agencies will present a brief overview of their programs and answer your questions. On day 2 the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to have details about the next dates, please call ACS at CIV 02 717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class. Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next classes are May 18 and June 17 from 9.25 a.m.-2.30 p.m. Call ACS at CIV 02 717-9783 to sign up.

French HEADSTART. A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Next scheduled classes are May 9-20 from 9 a.m.-noon. Call NSA Education Center at CIV 02 717-9704 for details and to reserve your space.

Dutch HEADSTART. A free introductory course in the Dutch language and culture. Field trips to local areas can be included during the course dates. These classes are open to active duty military, family members, and anyone holding a military or NATO ID card (space permitting). Next classes are held May 23 to June 4 from 9 a.m.-noon. To sign up, call NSA Education Center at CIV 02 717-9704.

Job Information Board. If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (NSA Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02 717-9783.

Relocation Lending Closet. Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointments only. For details, contact CIV 02 717-9783.

JFC HQ Brunssum/254th BSB Schinnen Community

Newcomer's Briefing and Newcomer's Orientation. Learn about housing, local bill pay system, medical care and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants and more... The Newcomer's Briefing is offered every second and every last Friday of the month from 9 a.m.-3.30 p.m. For info and to sign up, call CIV 046 443-7512.

Dutch HEADSTART. Free language orientation course open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). Classes are held May 31 through June 10 from 10 a.m.-1 p.m. at the JFC Education Center. Call the Education Center at CIV 046 563-6060/6041 to sign up.

Finding Employment Workshop. Offered every Tuesday from 10 a.m.-noon to help with interviewing and preparing to find a new job. In the afternoon from 2-4 p.m. learn how to create a stunning resume and how to work with Resumix to apply for government jobs with Hans on Resume/Resumix workshop. Sign up at CIV 046 443-7269.

Lending/Loan Closet. Open Monday through Friday from 8 a.m.-4.30 p.m. and located at ACS, Bldg 39/43. Kitchen supplies, household items and various baby supplies are available for community members during relocation. Contact ACS at CIV 046 443-7512.



**Asian Pacific American
Heritage Month**

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres).

The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:

Ambulance 112 (Netherlands/Belgium)

Fire 100 (Belgium)

Police 101 (Belgium)

SHAPE 065 44-3333

MP on Base 114 (All Communities)

Poison Control-090-245245

Important Community Phone Numbers

AAFES NSA Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN)	423-4121
AFN Radio Frequencies	

Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

Cinema

JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF)	361-5319
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Commissary

Chievres	361-5671
Schinnen	360-7513

Computer Help Desk

Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

Equal Employment Opportunity (EEO)

Chievres/SHAPE/NSA	361-5057
Schinnen	360-7445

Finance Office

JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601
(SHAPE and NSA only)	

Healthcare Facility

Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886

MWR Office	
Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office	361-5419
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For non-emergencies call:

American Red Cross	
Geilenkirchen AB	0049 245 163-2068
SHAPE	423-4008

Military Police

Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int

Joint Force Command Brunssum

www.afnorthlibrary.belnelux.army.mil

library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.80asg.army.mil

provides information concerning the 80th Area Support Group

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.brussels.army.mil

provides community event information for NSA Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.us.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements and more

www.cpol.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.

Other Community Information Sources

MWR Europe - Connection Magazine
SHAPE MWR - Community Life Magazine
80th ASG PAO - Meteor-Heraut
JFC HQ Brunssum - Northern Star
NSA Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit

www.80asg.army.mil

Happy Trails!

**Chievres Air Base PX
New Hours**

T-W, 10 a.m.-7 p.m.

Th 10 a.m.-8 p.m.

F-Sa, 10 a.m.-7 p.m.

Sun 10 a.m.-5 p.m.

Closed Mondays

Do you know about ICE online?

The Interactive Customer Evaluation (ICE) system is a web-based customer evaluation tool provided throughout the Department of Defense (DoD). Rate your praises or concerns about a facility or program and get quick feedback. Read site reports to find out what others have shared, too! Facility managers want to hear from you, so use ICE and provide feedback. Web site:

<http://ice.disa.mil/>

FREE CONCERT

BROUGHT
TO
YOU
BY
USO & AFE

TOBY KEITH

SATURDAY, MAY 21

1300hrs Task Force Eight
SHAPE International Band

1500hrs Toby Keith Live!
at the SHAPE field
behind the
Health Clinic



TOBY KEITH

SATURDAY, MAY 21
SHAPE, BELGIUM

Open to authorized ID card holders for more details call (065) 44.3312

SHAPE Cinema

BOX OFFICE Open
M-F 2-5:30 PM
DSN 423-3312
CIV 065/44.33.12

First run movies
Adults € 5
Children 11 and under €3

Other showings
Adults € 4
Children 11 and under €2

Films begin on time. Ticket sales begin 30 minutes prior to each showing. To view current movie Listing go to www.shapeonline.net or www.aafes.com. To verify movie showing call DSN 423-5600 or 065/44.56.00 (up-to-date recording available 24 hours 7 days a week).



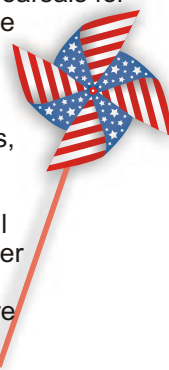
SHAPE/Chievres
Better Opportunities
for Single Servicemembers
(BOSS) Program
Community Activity Center
on SHAPE

DSN 361-5506
DSN 423-3321

BOSS meetings held
every 1st and 3rd
Thursday
of the month
at 1:30 p.m.

4th of July Rehearsals

The SHAPE Community 4th of July Choir will soon begin rehearsals for the 4th of July event to be held at the Officer's Club on the evening of 2 July. We are looking for singers of all nationalities, ages and vocal ranges to participate. A new arrangement of tunes will make this year even better than the past few years. The Entertainment Centre will also need a few actors to perform as roving historical characters at the event as well. If you think you might want to act or sing on 2 July, call 423-3312.



SHAPE Entertainment Centre

A Few Good Men

By Aaron Sorkin
Performances are tentatively set for the following dates. Please call to verify times/dates.

Thu June 09 7:30 p.m.
Fri June 10 7:30 p.m.
Sat June 11 7:30 p.m.
Sun June 12 7:30 p.m.

Cost
€8 for adults
€6 for students
€4 for children 12 and under (adult supervision suggested)

Are Pfc. Downey and Lance Corporal Dawson guilty of the murder of Pfc. William T. Santiago? Can Lt. Commander Joanne Galloway get Ltjg. Daniel Kaffee and his cohort Ltjg. Weinberg to take this case seriously? Will Lt. Col. Nathan Jessep demand that they can't handle the truth? If you know the movie, you will love the play. Aaron Sorkin, playwright and author of the hit show *THE WEST WING*, takes a close look at the meaning of honor and integrity and what it takes to keep a free society free.

MISSOULA CHILDREN'S THEATRE

Coming to SHAPE Entertainment May 23-28. Auditions for the show are on May 23 from 4-6:30 p.m. at the Entertainment Centre.

Children, grades K-12, and of all nationalities are welcome.

Performances

Saturday, 28 May, 3 p.m. and 7 p.m.

INDEPENDENCE DAY CELEBRATION 2005

NSA Brussels

A fun day full of activities for the whole family!

Saturday 2 July

Noon 'til 6 p.m. at the
Brussels American School

SHAPE/Chievres Community

*With live entertainment in the Fest Tent, plenty of
food booths, carnival rides and a spectacular
fireworks display!*

Saturday 2 July

Noon 'til 11 p.m. in the
GB Shopping Area on SHAPE

Open to all U.S./NATO ID card holders.

For more info call MWR

NSA Brussels - DSN 368-9639 CIV 02/717-9639

SHAPE/Chievres - DSN 361-5589 CIV 068/27 55 89

